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T H E

Way to get Wealth:

O R,

A New and Easie Way to make
Twenty Three sorts of Wine, equal
to that of *France*; with their Vertues.
Also to make Cyder, Mead, Rum,
Rack, Brandy, and Cordial Waters:
Pickles, Vinegar, and the Mystery of
Vintners. Also, divers Physical Re-
ceipts to help a Bad Memory, so that
you may remember all that you read
or do. To make Cloaths keep out
Rain. The Compleat Servant-Maid,
directing to Dress Fish, Flesh, or
Fowl. To have a fresh Crop of Corn.
To make *China* Varnish, and black
Ground for Japan-Work, to Black
Wood, and Gild.

To which is Added,

A help to Discourse,

Giving an Account of Trade of all
Countries, and Inventers of Arts and
Sciences. An Account of the River
Nilus. To make Horses fat. Of Gard-
ning, and many other Curiosities.

By the Author of *The Way to save Wealth;*
and of *One Thousand Notable Things.*

L O N D O N,

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The Preface to the READER.

I Here present you with what is Delightful and Profitable, many of the Things laid down are altogether New Experiments, and the rest known but to a few: Here you may behold the Product and Manufacture of your Native Country, vying with those other Nations, if not in many particulars, exceeding them; You have here exact Methods, plain, and at cheap Rates to make Natural and Artificial Wines, more agreeable to English Bodies than others, and they may well contend with those of France and Spain for Pre-eminence. I have also given their proper Virtues, and how in the best manner to Order and Preserve them, and all other Wines.

The whole Art and Mystery is herein set down of Making Brandy, Spirits, Low-wines and all Strong-waters from the Weakest to the Richest Cordials. Directions to Draw, Colour, and Order them, with many rare Receipts practised but by a very few; also their proper Virtues are treated of, likewise any rare Physical Cordial waters highly esteemed, with Essences, and other Curious Things, the approved way. To make Ales, plain and parging, with other useful and pleasant Liquors, many in number, as Perry Cyder, Methoglin, Mead, Mum, &c. with their Virtues.

The Art of Pickling: The Mystery of Confectioning, in Preserving, Conseruing, &c. The Art and Mystery of the Fruiterers, in keeping Fruits in all Seasons; with Instructions to buy Poulterer's Ware, Fish, Butchers Meat, and avoid being Cheated, or Imposed on.

To these I have joined Instructions for a decent and frugal House-keeping, under which Head are included so many Things, that for Brevity sake I am constrained to omit Particulars, for which I refer you to the following Book.

THE Way to get WEALTH.

To Improve the Planting of Vines, and making Wine of Grapes equal to that of France, to Fixe and Order it; with choice Receipts for making Wines of most sorts of English Fruits, and their peculiar Virtues, and singular Experiments.

THAT *England's Fertility and Product* equals any Nation under Heaven, in what conduces to the Subsistence, Health, and Riches of its Inhabitants, is not, at this day, after so many Proofs and Demonstrations, to be questioned. Long since it was filled by Foreigners the Store-house and Granary of *Europe*, and nothing, but want of Skill and Industry, can at present hinder us from making those wholesome Liquors, among many other things, that Equal, if not Exceed, what with the hazard of the Seas, and the great Exhausting of our Treasure, to the hindering the Circle of Inland Trade particularly, we have for many Years fetch'd from abroad; nay, I must take leave to affirm, those Liquors produced from our natural Growth are not only as pleasant in Taste, if rightly made and prepared, as any other, but are far more agreeable to the Constitution of *English* Bodies, contributing to Health and lively Vigor, and if not taken in excess, which indeed in all things is hurtful, they lengthen Years, and free Old

Age from those Calamities that adulterated Wines and Foreign Liquors, make it obnoxious to, in the Pains, Aches, and many Diseases that their Sediments entail, by corrupting the good, or creating bad Humours in the Body.

Therefore I have thought it, among other things, very profitable to all, that I am designed to Treat of it in this Book, in the first place to give choice and approved Directions for planting Vines, making Wines, and other Liquors of *Eng^lish* Fruits, &c. after the newest Experiments, and how they may be preserved to be used in all Seasons.

Of Vines, and Planting them.

That Vineyards have been frequent in *Eng^land* is apparent, upon the Account of many places now bearing Corn and Pasture retaining that Name; and it is the Opinion of the most Experienced in this way, that the Southern parts of this Island, with the Industry of the Natives, might produce Vines equal to those of *France*, either for Claret or White-Wines: But before I come directly upon the Making, and Ordering these sort of Wines, I think it proper to say something in relation to the Planting and Managing those Vines, that are to bring forth the Grapes of which Wine is to be made.

It is the Planter's Business, in the first place, to consider what Soil is most proper, and that which is so, must be of a nitrous, sulphurous Nature; black, loose, and moist, proceeding from its Oily Quality or Fatness, of which there is great store in this Kingdom, even in waste places, that with a little good manuring, would be well improved into Vineyards, and render a very great Increase; and the proper Manure is a little Lime, mixed with well rot-

ten Cow-dung, the one cherishing, and the other heating the Roots of the Vines, when well mingled with the Mould in which they are to be planted, and it is the most proper to plant them on gradual rising Hills not high, but very much exposed to the South Sun, and sheltering off the cold North Winds; or in Orchards and Gardens, against warm Walls, or in Rows supported on Rails, or Layers, of a moderate hight, and when the Vines are planted from slips of old Roots, Layers, &c. and have well taken Root, yearly open the Roots, not exposing them too much; if the Weather be sharp or cold, in *February*, and cover them up about the middle of *March* with new Soil, or compos'd of Dung and mellow Mould; of the first, about a quarter part, and they will bear abundantly many Years, and when you cover them, or sooner, if it is a proper Season, to cut, or prune them, and of the sprags cut off, by laying them in Bundles in a pit of mellow Earth, Seven or Eight Weeks will produce Sciens or Succours, capable of being planted at a fit distance in such regular form, that they may have a convenient distance to spread, and having well taken Root, you may, as you see convenient, remove them to more convenient Places, to become standing Dards, and all things answer your Expectation; a Week before *Easter* loosen the Ground about them every Year, which will let in the nourishing Air, which is, in some manner, the Life of Vegetables, as of Living Creatures, and destroy the Weeds that encumber them; take off the by-shoots that grow not downward on the Roots, and however these of pluck Roots are not to be taken out, unless in repairing old Vines, and are then called *Worplings*, because they are gotten about the over-

overgrown Vines, or Heads, and the best Root on the nether part is very fine to behold; you may also cleanse them from superfluous Roots, and set them in for a Vine, and such prepared Roots, and overgrown Vines, prove far better than others; for the *Worplings*, after they have their Roots well together, are the better able to endure bleak Winds and Frosts; when others high hanging about the Elm with Roots are often killed with them, or at least are more weakened, and become like old Vines; besides such a stock in the driving is stronger than such as are put in the Ground immediately after they are cut from the Vine, where they must take root, not taken out till they are set in the Rebstock

If you chuse a place of Ground for a Vineyard, that has been huskey before it was cleared of them, the first new set of Twigs will drive so strongly, that a double number of them must be laid in, as Eight or Ten in one place, which may, by transplanting as they come to a moderate Growth, be flourishing Vines to bear Grapes, for to one stock are laid Three or Four Twigs called *Palmites*, and that for some years together must be done in a new Break; for without such ordering, the Blossoms will yearly fall off, because the driving in such a new Plat, if the Ground be rich, is too strong, thrusting too violently out of the Blossoms: But if you let your stock grow into Wood, it spreadeth in such new Tilled Ground, and is much weakened thereby, and is brought to a Temperature, for each Twig receiveth so much strength and driving as it hath need of to the full seed, and enough for the saving of it. And thus have I given you a true Insight of ordering Vneyards, because it now may prove a nice Matter, as not having been a long time well

well practised in *England*; but as for other Fruit-bearing Trees of the Wine, of whose Fruits I shall hereafter have occasion to speak, I shall pass over their manner of planting, and come nearer to what is immediate profitable.

Wine of Grapes, of the Growth of England.

When the Vines are well grown, so as to bring full Custers, be careful to disencumber them of some part of their Leaves that too much shade the Grapes, but not so in the hot Season that the Sun may not too swiftly draw away moisture, and wither them: Stay not till they are all ripe at once, for then some will be over-ripe, or burst, or incline to rot before the Underlings come to perfection, but every two or three days pick of the choice and ripest Grapes, and spread them in dry shady places on sideways, that they contract not a heat, and must, and so those that remain on the Clusters having more Juice to nourish them will grow bigger, or be sooner ripe; and when you have gotten a sufficient quantity put them into an open Vessel, and bruise them well with your hands, or if they be too many for you, gently press them with a flat wooden Beater, that is, a thick board fastened at the end of a staff; as for treading of them with the Feet, tho' used in other Countries, I approve it not, it being a nasty slovenly way; take care you break the Stones as little as may be, for that will make the Wine of a bitterish Tang.

Having bruised the Grapes well, so that they are become Pulp, or Mash, having a Tap at the bottom of your Cask, tie a hair Cloath over the Faucet, and let out that which will run voluntary of it self, as the best Wine: Then take out the Pulp, and gently press it by degrees in a Cyder-press till the Liquor is sufficiently drained out, then having a new Cask well seasoned,

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and aired with a lighted Rag dipped in Brimstone till it become dry, pour the Liquor in through a sieve-funnel to stop the dregs and let it stand only with a pebble Stone lightly laid on the Bung-hole to ferment, and refine it self Ten or Twelve Days, then draw it gently off into another Cask well seasoned, that the Lees, or Dregs may remain in the first Cask, and stop it no otherways than before, till it has quite passed over its ferment, which you may know by the Coolness and pleasant Taste; and thus of your ordinary white Grapes, you may make a good white sort of Wine, of the red Grapes a Claret, and if want of Colour, heighten it with a little Brazeil, boiled in about a quart of it, and strained very clear. The white Grapes not too ripe give a good Rhenish-Taste, and are wonderful cooling, and a sort of Muscadel Grapes growing now in many parts of *England*, may be brought by the help of a little Loaf-Sugar to feed on, to produce a curious sweet Wine, little differing from Canary, and altogether as wholesome and pleasant; so that with some charge, labour, and industry, we might well furnish our selves with what we now are beholding to Strangers for at great Expence, Hazard of the Seas, and a vast deal more Toil and Labour than this would require.

If the Wine requires Racking, the best time to do it is when the Wind is in the North, and the Weather temperate and clear in the increase of the Moon, and when she is under the Earth, and not in her full height.

If the Wine rope, to alter it, take a course Linen Cloth and when you have set the Cask abroach, set it before the bore; then put in the Linen, and rack it in a dry Cask, put in Five or Six Ounces of Allom in powder, and jumble them so that they may well mix, and

so upon settling, it will be fined down, and become very clear and pleasant Wine: But of fining and ordering Wine, and other Liquors, I shall take occasion to treat more at large hereafter

Wine of Goosberries. Of Goosberries may be made a curious Cooling Wine, after the following Directions.

Take Goosberries just beginning to turn to ripeness, but not those that are ripe, bruise them well, as you did the Grapes, but not so as to break their Stones, then pour to every Eight pound of Pulp a Gallon of clear Spring-Water, or rather their own Distilled Water, made in a cold Still, and let them stand in the Vessel covered in a cool place Twenty four Hours, then put them into a strong Canvas or Hair Bag, and press out all the Juice that will run from them, and to every quart of it put Twelve Ounces of Loaf, or other fine Sugar, stirring it till it be thoroughly melted: Then put it up into a well-seasoned Cask, and set it in a cool Place, for too much heat will sowre it, and when it has purged, and settled about Twenty or Thirty days, fill the Vessel full, and Bung it down close, that as little air as possible may come at it

When you find it is well wrought and settled, then is your time to draw it off into smaller Casks or Bottles, keeping them also in cool places, for there is nothing more damages any sorts of Wines than heat.

And as the Wine of Grapes has many Virtues, in comforting and strengthening the Heart, reviving and restoring the faded Spirits, so this has not a few proper to it, conducing to the Health of Man.

Its Virtue. This is a curious Cooling Drink, taken with great Success in all hot Diseases, as Fevers, Small-Pox, the hot Fit of the Ague;

it stops Laxation, and is good in the Bloody-flux, cools the Heat of the Liver and Stomach, stops Bleeding, and mitigates Inflammations; it wonderfully abates the flushings and redness of the Face, after hard Drinking, or the like: It provokes Urin, and is good against the Stone, but those that are of a very flegmatick Constitution, it is not so proper for them.

Curran-Wine. Take four Gallons of curious cooling Spring or Conduit-Water, let it gently simmer over a moderate Fire, scum it well and stir into it Eight Pound of the best Virgin-Honey, and when that is thoroughly dissolved, take of the Water, and stir it well about to raise the Scum, which take clean off, and cool it.

When it is thus prepared, press out the like quantity of Juice of red Currans, moderately ripe, without any green ones among them, which being well strained, mix it well with the Water and Honey, then put them up in a Cask, or large Earthen Vessel, and let them stand upon the ferment Twenty four Hours; then to every Gallon add Two Pounds of Loaf, or other fine Sugar, stir them well to raise the Scum, and then when well settled take it off, and add half an Ounce of Cream of Tartar, with a little fine Flower, and the Whites of Two or Three Eggs, which will refine it, and when it is well settled and clear, draw it off into small Vessels, or Bottle it up, keeping it in a cool place.

Of White Currans, a Wine after the same manner may be made, that will equal it in strength and pleasantness a good sort of White-wine; but as for the Black ones, or Dutch Currans, I approve not of them, but in Medicinal Wines, of which I shall have some occasion to speak hereafter.

Their Vertues. They allay the burning Eagerness of Thirst, are cooling in Fevers, resist Putrefaction, stay Vomiting, corroborate the Heart, and fortifie the Stomach; they are drank with Success by those that have the Fits of the Mother, they divert Epilepsie, and provoke the Courses in Women.

Wine of Raspberries, the English way.

Take what quantity you please of Red Raspberries when they are meanly ripe, for if they grow over-ripe, they will lose much of their pleasant scent, and clearing the Husks and Stalks from them, soak them in the like quantity of fair Water that has been boiled and sweetned with fine Loaf Sugar, a pound and half to a Gallon; when they are well soaked about Twelve Hours, take them out, put them up into a fine Linen pressing Bag, press out the Juice into the Water, then boil them up together, and scum them well twice or thrice over a gentle Fire, take off the Vessel, and let the Liquor cool, and when the Scum arises, take off all that you can, and pour off the Liquor by inclination into a well-seasoned Cask, or Earthen Vessel, then boil an Ounce of Mace very well in a pint of White-wine till the Third part of the Wine be consumed, strain it, and add it to the Liquor; let it settle two days, and when it has well settled and fermented, draw it off into Casks or Bottles, and keep it in cool places.

The French way to make this Wine.

Steep two Gallons of Raspberries in a Gallon of Sack, Twenty four Hours, then strain them, and put to the Liquor three quarters of a pound of Raisins of the Sun well stoned, and so let them continue Four or Five days, sometimes stirring them well, then pour it off by inclination, that the clearest may be taken away, and

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only the Dross and Settlings remain in the bottom, and bottle that up you pour off, and if you find it not sweet enough for your Palate, you may add some Sugar, about half a pound to a Gallon will be sufficient; keep these in a cool place.

Their Virtues. These Wines either way are a great Cordial, they cleanse the Blood, prevent pestilential Air, comfort the Heart, ease Pains in the Stomach, dispel gross Vapours from the Brain, cause a free Breathing, by removing Obstructions from the Lungs, and are successfully taken in Appoplexies.

Wine of Mulberries. Take Mulberries when they are just changed from their redness to a shining black, gather them in a dry Day when the Sun has taken off the Dew, spread them thinly on a fine cloth on some Floor or Table for twenty four Hours, boil up a Gallon of Water to each Gallon of Juice you press out of these; scum the Water well, and add a little Cinamon grossly bruised, put to every Gallon six Ounces of white Sugar-candy finely beaten, scum and strain the Water when it is taken off and settled, then put to it the Juice of Mulberries, and to every Gallon the mixture of a pint of White or Rhenish-Wine; let them stand in a Cask to purge and settle five or six days, then draw off the Wine, and keep it cool.

Its Virtue. This is a very rich Cordial, it gives Vigour to consumptive Bodies, allays the heat of the Blood, prevents Qualms and Peukings in Women, makes the Body soluble, helps Digestion, and eases Distempers in the Bowels.

Morello Wine. Take two Gallons of White-wine, and twenty Pound of Morello Cherries, take away the stalks, and so bruise them that the stones may be broken. press the Juice into

the Wine, put Mace, Cinamon and Nutmeg, each an Ounce in a Bag grossly bruised, hang it in the Wine when you have put it up in a Cask, and it will be a rich Drink.

Vinum Sambuceum; or Wine of Elderberries.

Take Elder-berries, when pretty ripe, plucked from the green Stalks, what Quantity you please, and press them that the Juice may freely run from them, which may be done in a Cyder-Press, or between two weighty Planks, or for want of this Opportunity you may mash them, and then it will run easily; this Juice put up in a well-season'd Cask, and to every Barrel put Three Gallons of Water strong of Honey boiled in it, and add some Ale-Yeast to make it ferment, and work out the grossness of its Body; then to clarify it add Flower, whites of Eggs, and a little fixed Nitre, and when it has well fermented, and grows fine, draw it from the Settlings, and keep it till Spring; then to every Barrel add Five Pound of its own Flower, and as much Lo f-Sugar, and then let it stand Seven Days, at the end whereof it will grow very rich, and have a curious Flavour.

Its Virtues. It is an excellent Febrifuge, cleanses the Blood of Acidity, Venome and Putrefaction, good in Measles, Small Pox, Swine-Pox, and Pestilential Diseases; it contributes to rest, and takes away the Heat that afflicts the Brain, easing Pains in the Head.

Wines of Black-berries, Straw-berries, or Dew-berries, how to make them.

Take of these Berries in their proper Seasons, moderately ripe, what quantity you please, press them as other Berries, boil up Water and Honey, or Water and fine Sugar, as your Palate best Relishes, to a considerable Sweetness; and when it is well scummed, put the

the Juice in, and let it Simper to incorporate it well with the Water, and when it has done so, take it off, let it cool, and scum it again, then put it up in a Barrel, or rather a close glazed Earthen Vessel; to ferment and settle, put then to every Gallon half a Pint of Malaga, and draw it off as clear as may be; bottle it up, and keep it cool for use.

Their Virtues. These Liquors are agreeably good in Fevers, Afflictions of the Lungs, prevent the Infection of pestilential Airs, get a good Appetite, and much helps Digestion, excellent in Surfeits, and cause good Blood.

Wine of Apples and Pears. As for Apples, make them first into good Cyder, by beating and pressing, and other Orderings, as I shall direct, when I come to treat of those sort of Liquors, after I have ended this of Wines; and to good Cyder when you have procured it, put the Herb *Scurica*, the Quintessence of Wine, and a little fixed Nitre, and to a Barrel of this Cyder, a Pound of the Syrup of Honey; let it work and ferment at Spurge-Holes in the Cask Ten Days, or till you find it clear and well settled, then draw it off, and it will not be much uncomparable to Rhenish Wine in Clearness, Colour and Taste.

To make Wine of Pears, procure the Tartest Perry, (but by no means that which is Tart by Sowering, or given that way) but such as is naturally so, put into a Barrel about Five Ounces of the Juice of the Herb Clary, and the Quintessence of Wine, and to every Barrel a Pound, or Pint of the Syrup of Black-berries, and after Fermentation, and refining, it will be of a curious Wine-Taste, like Sherry, and not well distinguishable, but by such as have very good Palates, or whose Trade it is to deal with it.

Their Virtues. These Wines have the Nature of Cyder and Perry, though in a higher Degree, by the Addition and Alteration, being Cooling, Restorative, easing Pains in the Liver, or Spleen, Cleansing the Bowels, and creating a good Appetite.

Wine of Cherries. Take Cherries indifferently ripe, of any red sort, clear them of the Stalks and Stones, and then put them into an Earthen glazed Vessel, and with your clean Hands Squeeze them to Pulp, or you may do it with a wooden Ladle, or Presser, and so let them continue Twelve Hours to ferment, then put them into a Linen Cloth, not too fine, and press out the Juice with a Pressing-Board, or any other Conveniency, then let the Liquor stand till the Scum arise, and with your Ladle rake it clean off, then pour out the clearer Part by Inclination into a Cask, where to each Gallon put a Pound of the best Loaf-Sugar, and let it ferment, and purge Seven or Eight Days, so draw it off, when you find it clear, into lesser Casks, or Bottles, keep it cool, as other Wines, and in Ten or Twelve Days it will be ripe.

Its Virtues. This is a great Cooler of the Body in the heat of Weather, cheers the Heart, and much enlivens Nature in its Decay; it is good against violent Pains in the Head, and swooning Fits

Wine of Peach and Apricots. Take of Peaches, Nectarines, &c. when they are full of Juice, pare them, and quit them of their Stones, then slice them thin, and put about a Gallon to Two Gallons of Water, and a Quart of White-Wine, put them over a Fire gently to simmer a considerable time, till the sliced Fruit become soft, then pour off the Liquid Part into other Reaches that have been so used

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and bruised, but not heated, let them stand Twelve Hours, sometimes with stirring, and then pour out the Liquid part, and press what remains through a fine Hair Bag, and put them together into a Cask to ferment, then add of Loaf-Sugar a Pound and an Half to each Gallon; boil well an Ounce of beaten Cloves in a Quart of White-wine, and add it to give a curious Flavour.

Wine of Apricots may be made with only bruising, and pouring the hot Liquor upon, not requiring so much sweetning, by reason they are of a more dulcid, or luscious Quality, only to give it a curious Flavour, boil an Ounce of Mace, and half an Ounce of Nutmegs in a Quart of White-wine, and when the Wine is on the ferment, pour the Liquid part in hot, and hang a Bunch of fresh Borage well flowred into the Cask by a String at the Bung for three Days, then draw it off, and keep it in Bottles, which are most proper to preserve these sorts of Wines.

Their Virtues. They are moderately warming and restorative, very good in Consumptions, to create an Appetite, and recover decayed and wasting Bodies; they loosen the Hardness of the Belly, and give ease to the Pains of the Stomach.

Wine of Quinces. Gather the Quinces when pretty Ripe, in a dry Day, rub off the Down with a clean Linen Cloth, then lay them in Hay, or Straw, for Ten Days to sweat, so cut them in Quarters, and take out the Coar, and bruize them well in a Mashing-Tub with a Wooden Beetle, and squeeze out the liquid part, by pressing them in a Hair Bag by Degrees in a Cyder-press, strain this Liquor through a fine Sieve, then warm it gently over a Fire, and scum it, but suffer it not to boil, sprinkle

into it Loaf-Sugar reduced to Powder, then in a Gallon of Water, and a Quart of White-wine, boil a dozen or fourteen large Quinces thinly sliced, add two Pound of fine Sugar, and then strain out the liquid part, and mingle it with the natural Juice of the Quinces put it into a Cask not to fill it, and jumble them well together, then let it stand to settle, put in Juice of Clary half a Pint to five or six Gallons, and mix it with a little Flower and Whites of Eggs, so draw it off, and if it be not sweet enough, add more Sugar, and a Quart of the best Malmsey: you may to make it the better, boil a quarter of a Pound of stoned Rasins of the Sun, and a quarter of an Ounce of Cinamon in a Quart of the Liquor to the Consumption of a third part, and straining the Liquor, put it into the Cask when the Wine is upon the ferment

Its Virtues. This Wine is a good Pectoral, cooling and refreshing the Viral Parts; it is good, moderately taken, in all hot Diseases, allays the flushing of the Face, and *S. Anthony's-Fire*, takes away Inflammations, and is much available in Breakings-out, Botches, Boils, or Sores.

Wine of Plums, Damascens, &c. To do this, take what Plums you please, mix those of a sweet Taste with an allay of those that are somewhat sowre, though they must be all inclining to Ripeness, slit them in Halves, so that the Stones may be taken out, then Mash them gently, and add a little Water and Honey, the latter to moisten them; boil to every Gallon of Pulp of your Plums, a Gallon of Spring-Water, in it a few Bay-Leaves and Cloves; add as much Sugar as will well sweeten it, scum off the Froth, and let it Cool, then press the Fruit, squeezing out the Liquid

part, strain all through a fine Strainer, and put the Water and Juice up together in a Cask, let it stand and ferment Three or Four Days, fine it with white Sugar, Flour, and Whites of Eggs, and draw it off into Bottles, so corking it up that the Air may not prejudice it, and in Ten or Twelve Days it will be ripe, and tast like Sherry, if not a nearer Flavour of Canary.

Damaſcens may be ordered as other Plums, though they produce a Tarter Wine, more clear and longer lasting, but put not so much Water to them, as to luscious Plums, unless you mix some sweet Wine with it, as Malago, Canary, or the like, or infuse Raisins of the Sun in it, which will give it a Rich and Mellow Taste.

Their Virtues. These, as other Wines made of English Fruit, are moderately cooling, purifie the Blood, and cleanses the Reins, cause a freeness of Urin, and contribute much to soft Slumbers, and a quiet Rest, by sending up gentle refreshing Spirits to the Brain, which dispel heat and noxious Vapours thence, and put that noble part into a right Temperature.

Wine of English Figs. To do this, take large blue Figs, pretty ripe, steep them in White-wine, having made some slits in them that they may swell, and gather in the Substance of the Wine, then slice some other Figs, and let them simmer over a fire in fair water till they are reduced to a kind of pulp, strain out the water, pressing the pulp hard, and pour it as hot as may be to those Figs that are infused in the Wine; let the Quantities be near equal, the Water somewhat more than the Wine and Figs; then having infused 24 Hours, mash them well together, and draw off what

will run voluntarily, then press the rest, and if it prove not pretty sweet, add Loaf Sugar to render it so; let it ferment, and add a little Honey, and Sugar-Candy to it, then fine it with Whites of Eggs and a little Ising-glass, and so draw it off, and keep it for use.

Its Virtues. This is chiefly appropriated to Defects of the Lungs, helping shortness of Breath, removing Colds or Inflammations of the Lungs; it also Comforts the Stomach, and eases Pains of the Bowels.

Wine of Roses. To do this, fit a Glass Bason, or Body, or for want of it a well glazed Earthen Vessel, and put into it Three Gallons of Rosewater drawn with a cold Still, put into it a convenient quantity of Rose-leaves, cover it close, and put it for an Hour in a Kettle or Cauldron of Water, heating over the fire to take out the whole Strength and Tincture of the Roses, and when cold, press the Rose-leaves hard into the Liquor, and steep fresh ones in, repeating it till the Liquor has got a full Strength of the Roses, and then to every Gallon of Liquor, add Three Pound of Loaf-sugar, stir it well that it may melt and disperse in every part, then put it up into a Cask, or other convenient Vessel to ferment; and to make it do so the better, add a little fixed Nitre and Flower, and Two or Three Whites of Eggs, and let it stand cool about Thirty Days, and it will be ripe and have a curious flavour, having the whole Strength and Scent of the Roses in it; and you may add to meliorate it some Wine and Spices, as your Taste or Inclination leads you.

And by this way of Infusion, Wine of Carnations, Clove-gillyflowers, Violets, Prim-roses, or any Flower, having a curious Scent, may be made, to which, to prevent Repetition,

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tion, and go on with as much Brevity as conveniently may be, I refer you.

The Virtues. Wines thus made, are not only pleasant in Taste, but rich and medicinal, being excellent for strengthening the Heart, refreshing the Spirits, and gently cooling the Body, making it Lenitive, and so purges the first Digestion of Flegm, sometimes Choler, abates the heat of the Fever, quenches Thirst, mitigates the Inflammation of the Intrails, and may, on sundry Occasions, serve for a good Counter-poison.

Cowslip Wine. Put Five Pound of Loaf-sugar to Four Gallons of fair Water, simmer them over a fire half an Hour to well dissolve the Sugar, and when it is taken off, and cold, put in half a peck of Cowslip-flowers clean pick'd, and gently bruised, then put Two Spoonfuls of new Ale-yeast, and a pound of Syrup of Limons beaten with it, with a Limon-peel or two, and so in a well seasoned Cask or Vessel, let them stand close stopped for three days that they may ferment well, then put in some Juice of Cowslips, and give it a convenient space to work, and when it has stood a Month draw it off into Bottles, putting a little lump of Loaf-sugar into each, and so you may well keep it the space of a Year: and thus you may make Wine of such other like Flowers that are of pleasant Taste and Scent, as Oxlips, Gessamine, Peachblooms, Comfry, Scabecus, Etherfew, Fumitory, and a number more, as your Fancy and Gust leads you; for I have shewed you different ways to let you know that you need not exactly keep to one certain Rule, but please your Palate by such Additions as you think convenient; tho' by straying too far, you may happen to mar the whole Design; therefore, in all things, keep

keep as near as you can to the Rules I have given.

Its Virtues. Cowslip-wine moderately drunk much helps the Palsey, Cramp, Convulsion, and all other Diseases of the Nerves and Sinews; also eases pains of the Joints and Gout, and contributes mainly to the curing of Rup-tures.

Scurvy-Grafs Wine. Scurvy-Grafs, or Spoon-wort, is a very Sovereign medicinable Herb, appropriated chiefly to the Health of English Bodies, in many Medicines chearful; the Wine made of it containing all its Virtues with Addition, must needs be very acceptable. To make it then,

Take the best large Scurvy-Grafs Tops and Leaves in *May, June, or July*, bruise them well in a Stone Mortar, then put it in a well-glazed earthen Vessel, and sprinkle it over with some Powder of Crystal or Tartar, then smear it over with Virgin-Honey, and being covered close; let it stand Twenty-four Hours, then set Water over a gentle fire, putting to every Gallon three Pints of Honey, and when the Scum rises, take it off, and let it cool, then put your stamped Scurvy-Grafs into a Barrel, and pour the Liquor to it, setting the Vessel conveniently endways, with a Tap at the bottom, and when it has been infused Twenty-four Hours, draw off the Liquor, and strongly press the Juice and Moisture out of the Herb into the Barrel or Vessel, and so put the Li-quor up again; then put a little new Ale-yeast to it, and suffer it to ferment three days, co-
 vering the place of the Bung or Vent, with a piece of Bread spread over with Mustard-seed downward in a cool place, and so let in con-tinue till it is fine, and drinks brisk, then is your time to draw off the finest part, leaving
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only the dregs behind; add more Herbs, and so ferment with White of Eggs, Flower, and fixed Nitre, Verjuice, or the Juice of green Grapes, if they be to be had, to which add six Pound of the Syrup of Mustard, all mixed and well beaten together to refine it down, and it will drink brisk, but is not very toothsome: Being here incerted among Artificial Wines, rather for the Health of Persons, than for the delightfulness of Gust.

Its Virtues. It helps Digestion, warms cold Stomachs, carries off Flegm, purifies the Blood, purges out salt watery Humours, cleanses the Bowels from cold slimeyness, eases pains in the Limbs, Head, Heart, and Stomach; as also those pricking Pains, that are occasioned by Scorbutick Humours, &c.

Of Mint, Balm, and other Herbs, &c.

To come more briefly to a Conclusion of this Chapter, know that the Wine of Mint, Balm, and other Fragrant Herbs, are best made after this manner, viz.

First, Distil the Herb in the cold Still, then add Honey to it, and work as in Scurvygrass, and then refine it, and work it down by a due Proportion of its own Syrup, and so the Wine will become very fragrant, and continue the whole virtue of the Herb: Wormwood Wine, Wine of Rue, Carduus, and such strong Physical Herbs, may be made by Infusion, only in small White-wines. Cyder, Perry, or the like, adding a little Sweets to palliate them, that they may be more agreeable to the Taste. That of Black Currans may be made as of other Currans, and are very proper to be kept in all Families.

Their Virtues. They indifferently all of them resist Pestilential Airs, are good in Agues, and cold Diseases; prevent Mother-Fits and

Vapours, and ease Pains in the Joints and Sinews, cleansing the Blood, and are great Hinderers of Appoplexies, Epilepsies, and the like; and the Wines have not only the Virtues of the Herbs, but an addition to heat, strengthen and revive decaying Nature.

The Ingenious Art and Mystery of the *Vintners*, in making Artificial Wines; as Malaga, Claret, Rhenish, &c. recovering faded Wines, and such as have lost their Colours; Racking, Sweetening, and many other Things that appertain to their Trade, and have hitherto been kept as Secrets to the Publick, &c.

Of Small Wines meliorated.

IT is the Opinion of many, that weak Wine may be raised, and improved on the rich Lees of Wine that is drawn off; and indeed we know it is common to draw off such small Wines, and put them on such Lees, whereby the Vintners Gains arise; we also see that Wine is fed with proper Food, as sweet Flesh, salt of Tartar, or more principally the sweet and volatil Spirit of Tartar, and yet higher with the Quintessence of Wine, by essential Salts, prepared Oils, Herbs, and things of an Aromatical Nature; why then may not small Wine be greatly bettered by the Animal, or Quintessence, extracted from other Wines; for the Animal of Wine only, and nothing else, can encrease the strength of Wine.

If the Quintessence be drawn out of one small Wine, and added to another, it will make that rich, though the other is altogether impoverished, and better one be lost, which may however serve for Vinegar, than both

remain useleſs, which cannot be ſo well demonſtrated in Words as Practice, wherefore I ſhall haſten to what is more plain to be underſtood.

Artificial Claret. Take the Juice, or Water of Clary, diſtill it in a cold Still one part; Red-ſtreak Syder half a part, Malago-Raiſins beaten in a Mortar ſix Pounds, the fat Mother of Claret one Pound, and theſe being covered in a cloſe Veſſel, let them ferment Fifteen Days, then draw off the Liquor into another Veſſel, and to every Gallon add half a pint of the Juice of Mulberries, or Blackberries, or Goosberries, and a pint of the Spirit of Clary, to the whole then take three Spoonfuls of Flower, and the White of two new-laid Eggs, a Dram of Iſing-glaſs; beat theſe together, and add to the Liquor two Pounds of the Syrup of Clary, and it will refine down, and be very rich, not diſtinguiſhable from right Claret, unleſs by thoſe very well ſkilled in Wines, and of this there is great Quantities ſold, now French Wines are dear, and ſcarce to be come by.

Artificial Malago, Canary, &c. Take a Cask that has been well ſeaſoned with right old Malago, new trim it, and hoop it ſtrong, leaving it open at one end, to which open end a cloſe Cover muſt be fitted, to take off and put on at Pleaſure, and keep it in all Seaſons in a warm Place, fill it with Spring or Conduit-Water, and to every Gallon of Water add Six Pound of the beſt Malago-Raiſins, groſſly bruſed, and ſprinkle on every Twenty Gallons a handful of Calx-Wine, then place the Cover cloſe, and keep it warm with Cloths faſtened about it, and ſo let it continue Four or Five Days to work and ferment; after that, open it,

and see if the Raisins are floating on the top of the Water, and if you find they are, press them down again, and so do every Four or Five Days, letting them stand Three Weeks or a Month, then tap the Vessel Three or Four Inches above the bottom, and try if the Liquor tastes likewise, and if it do's not, let it stand longer, till it has got the true Flavour, then draw it off into another Cask that has had *Malago* in it, and to every Twenty Gallons put a Pint of the best *Aqua-vita*, a Quart of *Alligant*, and Two new-laid Eggs beaten together, and let it stand in a Vaulted Cellar, or some such like place till it be fit to be drunk; if it want Sweetness, put in a little fine Loaf-Sugar, and it will abundantly answer your Expectation, and this dashed with a little good Whitewine, or curious brisk Pippin-Cyder, may well pass for Canary.

And thus not only Artificial *Malago* may be made, but other Artificial Wines, for it cannot but be supposed an ingenious Person may, by these Examples, invent and prepare other sorts of Wines different from these in Taste; for having once got the Knowledge of the different Herbs that bear a Signature with the different Sulphurs of the true Wine, whether stiptick, acid, mild, luscious, Fat or Balsamick, so must the Imitation of the different sorts of Wines be, whether Ribella, Tent, Rapadavia, Canary, or any others: As for White-wine, or Rhenish, you may make them of Sweeter or Tarter Cyders, as is Directions given for making Artificial Claret, bating the colouring, though you must be at the Labour and Charge to fine them more, and keep up in them a good Body.

To restore Prick'd Wines. Take the Wine down to the Lees in another Cask where the Lees

Lees of good Wine are fresh, then take a Pint of strong *Aqua-vita*, scrape half a Pound of yellow Bees-wax into it, and by heating the Spirit, melt the Wax over a gentle Fire, then dip in it a Cloth, and set it on Fire with a Brimstone Match, put it flaming in at the Bung, and stop the Cask close.

To restore Wines decayed by too much Vent,
or Souring.

Stir and ferment it well with a flat ended Stick, till you have removed it in all Parts, and made it ferment, but touch not the Lees; then pour in a Pint of *Aqua-vita*, and stop it up close, and at the end of Ten Days it will be tollerably restored. Wine that is decayed by too much vent, may be recovered by putting burning hot Crusts of Bread into it.

For Musty Wine, or Tang'd of the Cask.

To remedy this, rack it off upon Lees of rich Wine of the same sort, then put into a Bag four Ounces of the Powder of Lenerd Berries, and Two Ounces of the Filings of Steel, let it hang by a String to the middle of the Wine, and so by degrees lower it, as you draw it off.

To hinder Wine from Turning. Put a Pound of melted Lead, that has been melted, into fair Water into your Cask, pretty warm, and stop it close.

To take away the ill Scent of Wine. Bake a long Rowler of Dough, when it is stuck well with Cloves let it thorowly bake, and hang it in your Cask, and it will remove the ill Scent from the Wine, by gathering it to its self.

To remedy a bitter or sour Scent. Take half a Peck of Barley, and boil it in Two Quarts of Water, till one half of the Water be wasted; strain it, let it well settle, and pour it into the Wine Cask, stirring it well without touching the Lees.

Green Wine, how to soften it. Put in a little Vinegar wherein Litharge has been well steeped, and boil some Honey to draw out the Wax, and strain it through a Cloth, and put a Quart of it into a Tierce, and this much mends it in Summer especially, and some when they perceive the Wine turning, put in a Stone of unslacked Lime, and it much mends it.

To keep Wine from Sawring. Boil a Gallon of Wine with some beaten Oyster-shells and Crabs-claws calcined, strain out the Liquid Part, and when it is cool, put it into the Wine of the same sort, and it will give it a pleasant lively Taste.

To sweeten Wine. Fill it upon the Lees, put a handful of the Flowers of Clary, and infuse in it, and add a Pound of Mustard seed dry ground, which in a Bag must be sunk to the bottom of the Cask.

Artificial Malmsey. Take English, Galin-gale Cloves, each a Dram, beat them to Powder, and infuse them a Day and a Night in a Pint of *Aqua-vita* in a wooden Vessel kept close covered, then put it into good Claret, and it will make Twelve or Fourteen Gallons of good *Malmsey* in Five or Six Days; the Drugs may be hung in a Bag in the Cask.

To make Wine settle well. Take a Pint of Wheat, and boil it till it burst in a Quart of Water, and become very soft, then squeeze it through a new Linen-Cloth, and put a Pint of the liquid Part into a Hoghead of unsettled Whitewine, and it will fine it.

Wormwood Wine. Take a good brisk Rhenishwine, or Whitewine, and hang a Pound of Roman-wormwood in a Bag into it, clean stripped from the grosser Stalks, and well dried; and in Ten or Twelve Days Infusion it will give it a Taste and a curious Colour be-

beyond what it had before: This may be done as it is drawn, by dropping Three or Four Drops of Chymical Spirit, or Oil of Wormwood into a Quart of Wine.

Rough Claret. Put a Quart of Claret to two Quarts of Sloes, bake them in a gentle Oven till they have stewed out a great part of their moisture, then pour off what is Liquid, and squeeze out the rest, and half a pint of this will rough Ten Gallons.

To Recover the lost Colour of Whitewine, or Rhenishwine.

Rack the Wine from the Lees, and if the Colour of the Wine be faint and tawny, put in Coniack-Lees, and pour the Wine upon them, rowling and jumbling them together a considerable time in the Cask, and in Ten or Twelve Days rack off the Wine, and it will be of a proper Colour, and drink brisk and fine.

Wine that is lowring, to prevent its decay.

Take Roach-Allom powdered, an Ounce, draw out Four Gallons of the Wine, and strow the Powder in it, beat it well for the space of half an Hour, then fill up the Cask, and set it on broach, being careful to let it take vent, so that by this means in Three or Four Days you will find it a curious brisk Wine.

Of Racking Wine. This is done with such Instruments as are useful and appropriated to the manner of doing it, and cannot be so well described by Words, as by seeing it done; however this observe in doing it: Let it be when the Wind sits full North, and the Weather is Temperate and Clear, that the Air may the better agree with the Constitution of the Wine, and make it take more kindly; it is moreover most proper to be done in the en-

increase of the Moon, when she is under the Earth, and not in full height, &c.

To make Wines scent well, and give them a curious flavour.

Take Powder of Sulphur two Ounces, half an Ounce of Calamus, incorporate them well together, and put them into a Pint and a half of Borage-Water, let them steep in it a considerable time, and then drawing off the Water, melt the Sulphur and Calamus in an Iron-Pan, and dip in it as many Rags as will soak it up, which put into the Cask; then rack your Wine, and put in a Pint of Rose-Water, and stopping the Hogshead, rowl it up and down half an Hour, after which let it continue still two Days, and by so ordering any Gascoin, or red Wine, it will have a pleasant Scent and Gust.

To mend Wines that Rope. When you have fet your Cask abroach, place a coarse Linen Cloth before the Bore, then put in the Linen, and rock it in a dry Cask, add then Five or Six Ounces of the Powder of Allom, then rowl and jumble them sufficiently together, and then upon settling it will be fined down, and prove a very fluid pleasant Wine, both in Taste and Scent.

To mend White, or Rhenish Wines. If these Wines have an unpleasant Taste, your best way is speedily to draw either of them half off, and to either of the Halves put Two Gallons of New Milk, a handful of Bay-Salt, and as much Rice, mix, and beat them well together for half an Hour with a Staff, or Paddeler, then fill up the Cask, and when you have well rowled it, turn it over in the Lees, and Two or Three Days after you may broach it, and it will drink very fine and brisk.

Another way to mend the Colour of White-wines, &c.

Take a Gallon, or more, of mornings Milk, put it into the Cask, and mix it well with rowling, then when you perceive it is well settled, put in Three or Four Ounces of Ising-glass, and about a quarter of a Pound of Loaf-sugar fine scraped, and then fill up the Hogs-head, or other Cask, and rowl it Four or Five times over, and this will bring it to a colour and fineness.

To meliorate, or better Viscious Wine.

Let your Wine in this case be what it will, your Business is to take a pint of clarified Honey, a pint of Water, wherein Raisins of the Sun have been well steeped, Three quarters of a pint of good White-wine, or Claret, according as the Colour of your Wine is, let them simmer and boil a little over a gentle fire, to the Consumption of a third part, taking off the Scum as fast as it rises, put it very hot into the viciated Wine, and let it stand, the Bung-hole being open, then in a linen Bag put a little bruised Mace, Nutmeg, and Cloves, and hang the Bag in the Wine by a string for Three or Four days, and so either new or old Wine will not only be fined, but much bettered; for by this means they are restored from their foulness and decay, and yield a good Scent and Taste; you may, to perfect this Work the more when you take out the Spice, hang in a small Bag of white Mustard-seed a little bruised, and the Work is done.

To make Ice in Summer, and cooling Wine, &c.

To make Ice, take a stone Bottle that will hold about three quarts of Water, put into it two ounces of refined Salt-petre, half an ounce of Florence Orrise, and fill it with Water boiling hot, stop it close, and immediately let it down into a Well, let it remain there three

or four hours, and when you break the Bottle you will find it full of hard Ice; or for want of this Opportunity, dissolve a pound of Nitre in a Bucket of Water, and it will cool your Bottles exceedingly.

Some farther Considerations on these Matters, in Particular and General, &c.

Take Salt of Tartar, and pour distilled Vinegar thereon until it be assaiated, every time drawing off the Phlegm, and then distill it in a coated Retort by fire of degrees; and lastly, rectifie the Oil through the Spirit of Vitriol, and it will become lucid, fragrant and very pleasant, and a little of this put into Wine, the Powder hung in a fine linen Rag to the middle of the Cask so greatly refreshes it that it is held to meliorate, if not recover souly pricked, or faded Wine in a short space.

Wines may be wonderfully exalted by Essential Salts, viz.

First chymically separate the Oil of any Concreet, and the remainder calcine to ashes, the pure Salt extract, and crystalize from thence, and reunite spagyrically the fixed Salt and the essential Oil, and bring them to crystalline Salt, or with the Spirit of the Concreet distil and cohobate so long till it is all brought over in a Balsamick Spirit, and this Spirit being imbodied by the essential Salt, plainly manifests its drying, enriching Sulphur, which will give Life and sulphurous Fatness, with a durable, lasting, and substantial Verrue unto Wines exalting both the Taste and the Smell.

This Salt or Essence of Wormwood, will make rich Wormwood-wine, and so will that of Mint, Balm, Angellico, and other fragrant and aromattick Herbs.

It also gives fermentation thereunto, and renders it excellent Wine, as Wine refined from

Bottle from its Lees, and gives such Qualities as deserve the highest Commendation : The Element of Fire, a Matter so called, made of the common yellow Sulphur, if a little of it be put into any defective Wine, produces very rare Effects, giving a grateful Taste and Colour, and will so comfort it, that it will not easily admit of change, or perishing, as otherwise is wont to happen, especially to common Rhenish-wine.

Wines are also enriched by essential and fragrant Oils so made, as to incorporate with Water, or Spirits of Wine, or other Wine ; for being dilated by a proper ferment, they are easily united, and so the body of the Wine is much enriched thereby.

I might go on in this Theme to swell a large Volume, but having said enough for Practice and Experiment, and there remaining yet several other Subjects to handle before I can finish this Work, I am constrained to mind my Promise, in giving every one the Satisfaction of Variety, &c.

The Art and Mystery of a *Distiller*, in Drawing off Brandy, Low-Wines, Proof Spirits, with the true way of making Ordinary and rich Cordial-waters.

To distil Aqua vitæ, and Low-wines, &c.

OF late Years particularly, the greatest produce of common Distillation of Spirits have been from Malt, and since the War has prohibited French Brandies, a Spirit very near it in Taste, Colour and Strength has been Extracted from Grain, with little other Help; but before I come directly upon it, I shall introduce it, or usher it in with the Art of Distilling the common Spirit, or vulgar *Aqua vita*.

Aqua vite, the Ground of so many curious Spirits, and Cordial-waters, is drawn off from well brewed Beer that is strongly hopped, and well fermented; but it is not requisite it should be fully rich of the Malt, and it must be distilled as soon as it is well wrought, for fear it should be flat or sowre, and then great part of the Spirit will evaporate, but if it be very strong of the Malt, and in good tight Casks it may be kept your own Time.

The way to distil it is to take a large Still with a Serpentine-worm fixed in a large Hogshead, with cold Water to condense the Spirit, or for want of that an Alimbeck, yet be not too hasty at first with the fire, rather raise it by degrees to a general Heat till the Spirit comes; if the Still be very large, the best approved way is to let the Spirit run through a Funnel into a Hoghead, placed on the Ground to receive it; make this Distillation as long as any good Spirit will issue forth, and when that is done you may know by the Taste, for it will be like unsavoury Water, and when all the Spirit is off, this Spirit is called Low-Wine, which permit to stand six or seven days, and then distil it a second time, which Artists term a Rectification, by which means it may be brought to Proof Spirits, or Artificial Brandy; now in this case you may know when the Spirit is off the second time, in trying it by fire; for if it will not burn, then the Operation is at an end.

These Low-wines and Spirits, are the principle Bodies of Strong-waters that are made of them; of which I shall treat in their proper place.

Now if you rectifie a third time in Balneo it will take off much of the Phlegm from the Spirit, and so a true *Aqua vite* will be well prepared.

The Dutch way of Distilling Spirits, &c.

Take well made Malt, and about three hours before you intend to use it, grind it, put about six Bushel into a very large Cask, standing on one end, with a Cover to keep in the Steam, and a hole in the middle to put in an Oar to stir, or stir it; when the Water is poured to it, put a little cold Water to moisten it first, and then fill the Cask with that which is scalding hot, to plump and swell the Grain, and stir it thorowly; when it is near cold add half a Pound of Hops, and so let it stand till it is fit for yeast, and then let it work four or five days, and when it is in height of its fermentation put the Liquor and Malt into a Still, raise the fire under it by degrees, and put not the head into the worm at first, for fear it should boil over, and so foul it; but if you perceive the Vapours kindly to ascend, then put it in, and lute all fast, distil and rectifie as before, and this is indeed a quick and profitable way of Distilling.

To make a sort of Brandy. Take so much malt as you design to distil, unground, boil it in a Kettle or Copper with fair Water, till it break with Exuberance or Swelling, then pour it out into an open Cask, and being cold, add such Dregs of strong Beer or Ale; let it stand two or three days to ferment, and then distil as you did the Spirits, and by adding a little Moleffus it will pass among those that are very curious for good Brandy; and in this case by its protuberating, the burst Corn cannot be burnt in the Still to give it an unwelcome Taste and Smell, and by the Decoction, Boiling, the ill Taste is taken from the Corn, which would otherways taint the Spirit or Brandy, and being thus boiled and broken, it

produceth more Spirit, and stronger, spending all its Power and Strength upon it.

Brandy, little inferiour to French Brandy, and exceeding some sorts of it, to make, &c.

Though we cannot afford to make any quantity of Brandy of foul Wines, or Lees of Wine, as in *France*, unless at an extraordinary rate, they being refined and put to other uses more advantageous, yet we have wherewithal in this Kingdom, if Men would be industrious, to do it with, as well as other Nations, *viz.* Take ordinary Cyder that is not decayed, and may be had in the Countries for little, if it be foul it matters not, twenty Gallons, decayed Grocers Fruit, as rotten Raisins, Currans, Figs, Dates, Pruens, the stalks off, which Malaga raisins are pricked, and the sifting of Currans, all which may be had for little; boil as many of these as will suit to twenty Gallons of Cyder, in four Gallons of moderately malted Beer, till they swell, and may be well mashed, then put them all into the Cyder Liquor, and let them ferment with stirring four days, then distil them as you are directed for *Aqua vita*, and the first Running will be an incomparable Brandy, and to the last it will be pretty well, and from this, (at the Rate this Liquor now goes at) great Profit will arise; if it be in Vintage time, the Husks or Pressings of Grapes, Cherries, Peaches, Apricots, Plumbs, and the like, will be excellent; if it prove too sweet a Spirit, that is easily allayed, when distilled with a few drops of Spirit of Salt, and it will not be discernable.

Another Cheaper way to make Brandy.

Take Grounds of Cyder and Perry, and if they be thick, press them thro' a Hair Bag, let them burn the bottom of the Still, put ten Gallons of these to twenty of Beer, not to

from

strong of the Malt, and four Gallons of Molossus, let them ferment together Three or Four Days with stirring, put about a Gallon of White-wine, or Claret-Lees, to them, and so distil other Spirits, and your Expectation will be very well Answered.

Of Malt Spirit, and what may be drawn off.

From Fifty Gallons of brewed Beer, or good strong Wash, in the first Extraction, you may properly draw off Thirty three, Thirty four, Thirty six Gallons of Low-wines; and if they lie to better themselves in the second Extraction, they will produce Eleven or Twelve Gallons of Proof Spirits, nay, some Malt Thirteen Gallons, especially if you put a Can or two of Water into the Still, and by this way observe to encrease or lessen your Fire under the Still, as you see it runs more or less, and look well to it.

Of Honey, Molossus and Sugar, &c. When you come to these Distillations, take an hundred Weight of Sugar, Molossus, or Honey, and Twelve or Fourteen Gallons of Water to boil, as it may be fitting for the brewing of Malt; pour them into a large open Cask, or Ear, and stir them well together to dissolve and incorporate, and when they are so, and cold enough, head it sufficiently with Barm, or Yest, or instead of Water you may use Small-Beer, or Wash, and then the smaller Quantity of Yest will serve, and when it has well fermented, you may add for the better Flavour, what fragrant Flowers, Herbs, or Spices you please, and if it be slow in fermenting, to encrease that, cast in some Poulder of Rhenish Tartar, the quantity in a measure proportionable to that of the Liquor, viz. Two Ounces to a Gallon, and so let it stand till it is thoroughly fermented, and well headed, and

you must watch to take it in the height of its ferment; for if the Head once begins to fall, which it will do as soon as the Fermentation is declining, the Spirit will evaporate apace, and much of it will be lost; and if you work well in this Distillation you cannot miss of Nine or Ten Gallons of Low-Wines from every Hundred of coarse or refuse Honey, Molossus, or Sugar, which you may rectifie into a very noble Spirit.

As for Sugars, by which Herbs, Flowers and Berries are so fermented, as to yield noble Spirits, and good Wines, being distilled, take what Flower or Herb you please that is proper for this use, as suppose it should be Elder-Flowers; of these take a Peck clean picked, bruise them in wooden Mortar, to each Peck of them add a Gallon of Water, and to that Three or Four Pounds of ordinary Sugar, then cover them close in a Cask to stand and ferment, which is known by their working, frothing and flowering kindly, and after that, cast a very fragrant Scent, and if the Fermentation be slack, you may promote it with Rhenish Tartar, as before, and so in the height of the ferment, Distill it, and it will yield a very pleasant Spirit.

Of Raisins, and other things, used in Distillation, to make good Brandy or Proof Spirits, &c.

Raisins, and other Fruit, as I have already hinted, are very Excellent in Distillation, did not the Dearness of those that are good, overbalance the Advantage accruing this way, as to ordinary Spirits; yet such as are damnified, and fit for little or no other use, may be improved to Advantage here; when you have them, bruise them in a Mortar, and put them in fair Water, Six Pound to Three Gallons, and when they are in the Cask to make them

ferment

ferment. throw in a large handful of Crystals of Tartar, or Rhenish Tartar, but some there are who use *Cake-vine*; ferment them to the purpose, by adding Ale-Yeast, Stum, or fixed Nitre and Flour, work it up in a warm Place, draw off the Liquor, press the Drugs out dry, and distil these, and the produce will be excellent Low-Wines, which being well rectified, make a pretty good Brandy.

Of Low, Dead Wines, and their Dregs.

Observe in the Distillation of these Dregs of Wine, you may ferment them with their decayed ones, or with the after running of Low-Wines warmed, and covered up in a convenient Cask; and put a Pint of Stum to every Gallon, to ferment it; or in defect of this, take Barm, or Yeast; and it being sufficiently so ordered, draw off the Liquor, and press out the Moisture from the Drugs through a Canvas Bag, and so distil the liquid part, that it may yield as much as may be, and then rectifie it into Proof Spirit, and in all your Fermentations you may use Stum, which is the Flower of the Wine; and observe, that from Low-Wines, small Wines and Lees, Brandies are made in *Germany* and *France*; and may by Industry be as well improved in *England*.

Some Distillers, to make their Spirits hot in the Mouth, to impose on the Ignorant, use Spanish Grains which will do it, but it adds not to the Body of the Spirit, which is weak in it self; wherefore, to prove it, put some in a Glass Viol, about half full, and Corking it close, strike it against your Hand; and if the Froth arising by the force continue, and go off leisurely, then it is of a good Body; but if it sputter, and run off presently, then is it a

weak Spirit, and of a cold Body, how hot soever it may taste in the Mouth.

Having sufficiently, as I hope, spoken of Spirits and Brandies to inform my Reader to put my Notions in Practice, and by that proceed to greater Matters and Experiments than Words can direct him to, I now proceed to direct him how to prepare the ordinary Strong-water, Rich Cordials, and Waters for other uses, as beautifying, &c.

Anniseed-Water, to make it, &c. Take a Pound of good Anniseeds, steep them by Infusion in Three Gallons of Spirits of Low-Wines. or Proof-Spirits; but if your Spirits are high Proof, you may add a little Water in the Distillation, and then draw off the quantity the Spirits were. And this Rule may properly be used for distilling all common Waters with Seeds, were it not that the quantity is diversified, according as they are in Strength; for, of Cardamums you must put two Pounds to the like quantity of Spirits: And as to the Herbs Angelica, Mint, Wormwood, and Balm, they are properly to be gathered in their Prime, and dried in the Shade, that the Sun, with their Moisture, draw not out their Virtue too powerfully; and the Proportion is varied, according as you would have the Water more or less in strength of the Herb; and in this Case you must consider the strength of each Herb, and accordingly proportion them; for a handful of Wormwood or Cardus will go farther than Three or Four of Balm Mint, &c.

Hearts-Ease, &c. to make, and order, &c.

Take what quantity you please of *Aqua-vita*, or Artificial Brandy, and to every Gallon put a Pound of Seeds of Heart's-Ease,

and the like quantity of the Blossoms, well dried in the Sun; tie them up in a Bag, put them into the Still, and draw as long as you find any pleasant Taste in the Spirit: then sweeten it with the Syrup made of Heart's-Ease, and White-Sugar; put it up in a Cask, adding to it Two or Three Spoonfuls of new Yest, and the White of an Egg or Two, beaten up with Flour, whereby it will have its Fermentation, and be refined fit for Sale; being a very pleasant Water.

Now, observe, in the Distillation of this, there will be apt to come over it an Oil, or white thick Spirit; thus to be sined: as it comes, Take a fine Holland Cloth, and rub it very well on one side with Black Lead, and bind the side so rubb'd inward, towards the End of the Worm, and so the Thickness will be kept back. And thus other Waters, of the like Nature, may be ordered, and prepared for Sale, or private Use &c.

A rich Cinnamon-Water. The Brandy-Spirit is always preferable if you are to make any Rich and Cordial-Waters, especially that made of M L, or any Brewer's Materials, impregnated with an Azure Salt, of a Vinous Nature; and then the Spirit will give a Fragrancy in its Taste.

For Instance: Take of unwaisted Cinnamon Five Pounds, Brandy-Spirit Five Gallons, Sugar or Honey a Pound and an half; let them infuse Twenty Days, and then distil off the Spirit, which dulcifie or sweeten with its own Syrup, and so its proves the best and truest Spirit of Cinnamon that can be made, and proper for Physical Use.

The best and proper Way for Colouring, Sweetning and Perfuming ordinary Waters, usually exposed to Sale in Distillers Shops, &c.

To do this properly, Take Two Quarts of the cold distilled Water of the Herb, and of the dried Herb two Pounds, Brazil half a Pound, more, or less, as the quantity to be colour'd requires; to which add, of Sugar Six Pounds; stir them very well, that they may be well mix'd; then gently decoct them in an Earthen Pot, with a close Cover, two or three Hours, sometimes stirring them, and immediately shut the Cover; and when they are thus prepared, clarify them with Whites of Eggs, well beaten; and when it is sufficiently cool'd, strain it through a Fustian Bag, called a Canopy; and to every Barrel of Water, add Five or Six Parts of this Syrup, with a Spoonful of Yest, to make it work, and clear it self; and in about Twenty Days it may be well expos'd to Sale, in good Condition and Order.

A Syrup to make a Red Water, excelling that of London.

Take of the best Rose-Water Three Quarts, Red Saunders well pounded a Pound, Rose-Leaves, Treacle, Honey, or rather Sugar, Ten Pounds; decoct these, as before directed; then, being cool, clarify them with the Whites of Eggs, and add the whole quantity to a Barrel of *Aqua-vita*; so in a small Bag put the Whites of Three Eggs, and a pretty good Spoonful of Barm, beat them well together, and infuse of Musk a Scruple, Amber-greece Ten Grains; and suffer the Bag, with these Ingredients in it, to hang in the Liqueur, fasten'd to the Bung with a String, Fourteen Days; and then draw it off for Sale, and it will prove an excellent Water.

Simple

Simples, proper for Colouring Water.

The use of these are not barely to colour it; but to add to the Virtue of the Water; viz. Cochineel, Poppy-Leaves, Turnsole, the Roots of Alkanet, Rose-Leaves, Saunders, Brasil, Logwood, Mulberries, Rasberries, Blackberries, the Juice of Sloes when they are baked, the Juice of Black-Cherries, Dewberries and Saffron; being most of them very wholesome and cordial: So that they being, in their proper Seasons, to be had at easie Rates, you must take the Advantage of making the Waters at the Times proper, unless you husband them so as to keep the Juice and Syrup of the Fruits, to serve on all Occasions.

To make Right Usquebaugh; according to the Receipt of that which was made for the King's Use when he was in Ireland.

Take Ten Gallons of a good Brandy-Spirit, made from Strong-Beer and some new Malt, Anniseeds one Pound, Cloves Two Ounces, Nutmegs, Ginger and Carrawayseeds, each Four Ounces; distil them into Proof-Spirit, according to Art, as already directed for Proof-Spirits, This done, add to the liquid part Spanish Liquorish, Raisins of the Sun stoned, of each Two Pounds well bruised; Dates stoned, and the white Skin taken off, Four Ounces; Cinnamon the like quantity; keep them Four Days in a close Vessel, well stop'd; and at the end of Three Days, add Three Grains of Musk and Ambergreece dissolv'd, and dulcified with Five Pounds of *Newis* Sugar; stir them well at times Ten Days, and strain the liquid part through a Flannel fixed on a Sieve, or any other convenient Place; fine it down with Whites of Eggs and Flour. Some there are that only draw it off the Lees,

into

into other Casks, that keep it when fine. And thus, as you would have it richer, or weaker, you may take better or worse Spirits, or more or less of the Ingredients, though the way of making and ordering is the same.

Aqua-Corroborans, or the Heart-strengthening Cordial-Water.

Take Betony, Bugloss, Cowslips, Balm, Sage, in the prime of their Sap, of each an handful, Low-Wines Two Gallons; distil it into Proof-Spirits, and then put to it Nutmegs, Gallenga, Cubebs, Cloves, Mace, Cardamoms, and Flowers of Melilot, of each Six Ounces; the Juice of Celendine Three Pints, and the Weight of all these in Proof-Spirits, Currant-Wine a Gallon, or, for want of it, Whitewine; let them ferment and digest Twenty four Hours with moderate stirring, then distil them in Balneo till the Herbs grow dry.

Its Virtues. This approved Cordial fortifies the Heart against Infections, strengthens the Stomach, and creates a good Digestion; as also, the principal Faculties being good in all cold Diseases.

Stomach Water. Take of Gascoign-Wine, or, for want of it, of Midling-Spirits of Wine, a Gallon, Gallenga, Nutmegs, Ginger, Cloves, Spanish Grains, Anniseeds, Carraway and Fennel-Seeds, each an Ounce; Red-Rose-Leaves, Mint, Sage, Pellitory, Cammomile, Thyme, Lavender and Avens, each a handful; bruise the Spices in a Mortar, separate and grossly shred the Herbs, put them, well mixed, into Spirit of Wine, and let them stand Three Days in the Cold, keeping the Vessel close stop'd, or cover'd; then distil, sweeten and colour it with Syrup of Raspberries,

or, for want of it, that of Mulberries, and it will prove a Sovereign Pectoral Cordial.

Plague-Water. Take the Roots of Rue and Sage, the Leaves of Angelica, of each Three Handfuls; White Ginger, Long Pepper and Nutmeg, each an Ounce and a half; Spirit of Elder a Gallon, the Husks of green Walnuts, or Walnut-Leaves, Two Pounds, Malaga-Wine Two Quarts, Venice-Treacle and Mithridate, each Four Ounces; digest them, grossly bruised, Ten Days, and then distil them so long as any pleasant Water will come; and to that which comes over, add a Pint of Hungarian Water, and as much Syrup of Vinegar, with about Four Ounces of Loaf Sugar, and let it ferment with the help of the White of an Egg and a little Flour tied up in a Bag, Five or Six Days, and so it will grow clear, and fit for Use.

Its Virtues. It preserves against Infections and Pestilential Airs, Measles, Small-Pox, and all Pestiferous or Contagious Diseases: About an Ounce at a time is a sufficient Dose to take, Morning, Noon and Night. It helps Digestion, and wonderfully fortifies a cold Stomach.

Aqua-Multifaria. This is a Water stiled to be of many Virtues. To make it, Take Betony, Balm, Sage, Bugloss, Cowslips, gather'd in their prime, of each a handful; Bay-Leaves and Motherwort, of each a handful and a half; Flowers of Lavender, Rosemary, Lilies of the Valley, and *Rosa solis*, each a handful; Saffron Two Ounces, the Juice of Celendine Two Pounds, Wood of Aloes an Ounce and a half, Turmerick Four Ounces, Spirit of Wine Six Quarts: Let these digest well Six Days, and distil them in *Balneo Soli* artificially.

Its Virtues. It is an Excellent Water for the Head, in all the Pains and Afflictions incident to it. It eases the Pains in the Breast, Heart, Liver, and other Vital Parts; strengthening Nature, and fortifying the Faculties; and contributes greatly to Health and long Life. But you must take it moderately, in small Doses; as, an Ounce at a time. And if any of these Cordials prove too hot for your Palate, or Constitution, you may allay them with cooling simple Waters; as Balm, Bugloss, Sabeous, Comfrey, and the like.

Aqua-Triplex, or a Threefold Water.

To make this, Take Four Pounds of Venice Turpentine; Mastick and Frankincense, of each Two Ounces; Aloes Epatica, Date-Stones, Laudanum Castor, the Roots of Bettony and Elicampane, of each Two Ounces; Cloves, Cardamums, Ginger, Nutmegs, Gallingle, Zedoar, Pepper, Laurel-berries, Spicknard, Smallage-Seeds; Mugwort-Seeds, Anniseeds, Flowers of Brasil, Elder-Flowers, Red and White Roses, Lignum Aloes, Cubebs, *Calamus-Aromaticus*, Juniperberries, Germander, Mace, Formentil, Agrimony, Fumitory, Centaury, Pimpernel, *Dent de Leon*, Eudine-Seeds, Sorrel, yellow Saunders, Fetherfew, Aloes Kepatick, of each Two Ounces; Rheubarb Three Ounces; Raisins, Dried Figs, Dates Stoned, and sweet Almonds, of each Four Ounces; Honey Six Pound, Sugar Ten Pound, Spirit of Elder, well rectified, as much as is sufficient to cover all these Ingredients about Four Fingers; then add Musk and Ambergreece, of each Two Drams, Saffron Two Ounces and a half; put all these into a Retort, cover the Mouth with a Cork very sure, and then Lute it over; after that, tie it fast with a Bladder, and let them Macerate Forty Days in

Horse-

Horse-dung ; then remove it, and distil it in a strong Balneo, and at the first will come a white Spirit, then a Saffron-coloured, and the last will be red, with some Oil floating on it ; let each be received a-part: And when this Operation is over in Balneo, you may distil it on a violent Fire, in Sand, to see what more may be gotten ; for it is so precious, that none of it ought to be lost.

Its Virtues. The first Drawing off is admirable to bathe Pains, Aches, or Numbed Joints ; proper for new Wounds, sore weak Eyes, Plague-Sores ; for the Pearl and Web in the Eye, the Stone and Strangury.

The second Drawing, or Water, is a Remedy for the Corruption of the Blood, Leprosie, for the Weakness of Members, for the Ague.

The third Water strengthens the Brain, and takes away cold Diseases that afflict it ; as Rheums, Catarrhs, and expells offensive Vapours, and is proper for the Palsie and Gout, with other Consonant Diseases.

The Powerful United Spirit of Scurvy-grass.

Distil from what quantity you please of Scurvy-grass-Wine, a high Spirit, which pour on fresh Scurvy-Grass, and distil it again, repeating the Operation till it becomes very strong, of a Grass Green, and a fragrant Scent, so that when it is fired it will burn clean away, without leaving any moisture behind it, then by Distillation make the Oil of Scurvy-grass, and by Calcination its fixed Salt, and so according to the Spagyricall Art reunite these, and then you have the Powers, and whole Virtue of the Herb, looking of a curious Green.

Its Virtues. This is an excellent Remedy for the Scurvy, it gives Circulation to the Blood.

Blood, by dissolving and dissipating congealed Humours; it destroys not only the saline, but also the Acid and Crude Humours from whence the Scurvy hath its Original, whether contracted by eating gross, raw, or crude Fruit, raw Herbs Salt-Fish or Flesh

For the Scurvy, Jaundice, Prick or shortness of Breath; these Powers may be used at any time, the oftner the better; the Dose is from Ten to Thirty in a Glass of Beer, or any other convenient Liquor, and after the spending Three or Four Bottles, you may take the Golden Spirit, usually sold, about half a Bottle of it once a Week, keeping your self warm, and taking comfortable Diet after it, and so the Relicks of the Disease will be carried off, the Blood purified, and such Crudities as breed Worms destroyed.

The Powerful United-Spirit of Elder.

Take Elder-Wine, made as I have directed in the 3d. Chapter, as much as you think convenient, adding thereto Elder-Flowers; let them ferment in it, and take it at the height of Fermentation, when it has the greatest Fragrancy, lest it lose much of its Vigor, Strength and Spirit; put it into a Still, and distil it as long as any Goodness will come; but observe, those Wines made for Distillation ought to be that of the Juice pressed out only, and no Water added, adding its proper ferment, and some Sugar and Honey to help it on; add fresh Flowers in their prime, and reiterate the Fermentation and Distillation, and so the Spirit will be very fragrant, purely impregnated with the Virtues of the Concrete, and to every Pound, or Pint of this Spirit, add an Ounce of its Salt, and Two of the Oil, and so unite them together.

Its Virtues. The Virtues of the Powers are many, and rare: It cleanses the Blood, and expels Hydropical Humours, and is good in Obstructions: It takes away Putrefaction and Inflammations in any part of the Body: It clears and cools the Skin. The Oil of it is excellent against Scorbutick Humours; as, the Itch, Piles, Bruises, Strains, or any cold settling in the Joints; and allays the Pains of the Goat. In Convulsions, Palsies, Vertigoes, Calentures, or sudden Swoonings, 'tis very prevalent. 'Twill last many Years, carried by Sea or Land. And upon the approach of a Proxism, if you drop twenty or thirty Drops into a Glass of Water, and drink it, 'twill wonderfully abate the Violence thereof, and strengthen Nature: Dip also for this, the corner of your Handkerchief in it, snuff up the Scent, and smear the Temples with it.

For Children, nine or ten Drops are sufficient, in a Spoonful of Water, sweeten'd with Sugar, or the like: But the Mother may take a full Dose, as twenty or thirty Drops, whilst the Child is sucking, and then the Prevalency of it will appear. It also abates the Oppression of Wind, which Children are much subject to. It helps Diseases in the Breast; as, Asthma's, Dropsies, Spitting of Blood, Consumptions, and such like. It creates a good Appetite; and 'tis good for many other things.

The Powerful United Spirit of Rosemary.

Take a sufficient quantity of the Flowers of Rosemary, in their Prime, infuse them in Rectified Spirits of Wine, then distil them, and unite the Spirit with the proper Oil and Salt; which far out does the *Hungarian Water*. And by these Examples, you may be enabled to prepare what Powers you will from Herbs, flowers, Gums, &c.

Its Virtues. This not only beautifies the Face, Hands, &c. to admiration; but also, twenty or thirty Drops being taken in a Glass of Wine, or any other convenient Liquor, fortifies the Heart, cleanses the Blood, recovers the fading Spirits, causes a fresh and ruddy Complexion, is good against Fits, and helps in any cold Disease; prevents Faintings and Swoonings, drives out bad Airs or Vapours contracted in Infectious Places.

Elixir Salutis, the best Receipt. Take of Guaiacum, the dried Roots of Elicampagne, Carraways, Coriander, and Anniseeds, each two Ounces; the Leaves of Senna four Ounces, Raisins of the Sun ston'd, half a Pound, Liquorice two Ounces; infuse these in three Quarts of good Brandy four Days, then draw it off, and infuse in it half an Ounce of good Rheubarb, thinly sliced; when the Rheubarb is well infused, put it into small Bottles, and keep it well stop'd.

Its Virtues. This Elixir, so much fam'd, and long kept as a Secret, purifies the Blood, carries away slimy Matter from the Bowels, eases Pains in the Belly, removes Gravel and Sand, bringing it away with Ease, by taking two or three spoonfuls of it Morning and Night.

Elixir Proprietatis. Take Aloes, Myrrh and Saffron, of each half an Ounce, infuse them in three Quarts of Spirit of Wine, drop in a few Drops of Spirit of Sulphur, then let them digest in a Glass well stopp'd thirty Days; at the end of that time, having often shaken it, you will perceive a black Tincture on the top, pour that off, and let it stand twenty four Hours, then decoct it till no Fæces remains at the bottom. Take a moderate Spoonful of this in a Glass of Wine, in a Morning.

The Way to get Wealth.

51

Its Virtues. 'Tis exceeding helpful in Agues, or Rheumatisms; and, indeed, in any cold Diseases. It fortifies Nature, and gives a lively, fresh Complexion. But observe that you continue temperate in Meats and Drinks the Day you take it, that it may work the better upon the Crudities, and disburthen Nature of what is oppressing, and most noxious to her.

Marigold-Flower-Water. Take a quarter of a Peck of well-blown Marigold-Flowers', dry them a little in the Sun, put to them a Quart of Spirit of Wine, and distil them in a cold Still till they become dry.

Its Virtues. This is admirable for Pains and Noises in the Head: It cures Inflammations in the Eyes, and Heart-sickness.

The curious Cordial, called Dr. Steven's Water; or, The Golden Cordial; how to make it the right way.

Take a Gallon of Claret, or brisk Canary, not oversweet; of Ginger, Cinnamon, Grains of Paradise, Nutmegs, Gallingle, Fennil and Coriander-seeds, each three Drams; Mint, Sage, Rose-Pellitory, Rosemary, Wild Marjoram, Wild Thyme, Cammomile and Lavender, of each a handful; beat the Spices very small, cut and bruise the Herbs, put them to infuse in the Wine twenty four Hours, and distil them in an Alimbeck.

This is called *the Golden Cordial*, and is a great Fortifier of the Heart and Stomach: 'Tis good in Pestilential Diseases; and is a long Continuer of Health, even to extream Old Age.

Orange-Water. To make this, pare Seville-Oranges, and put the Peels into Low-Wines, or Spirits, and distil them, and it will produce a curious Water, both for Scent and Taste.

'Tis sometimes, in Proof-Spirits, done only by Infusion.

This, with a little Saffron infused in it, is an excellent Cordial to ease Pains in the Head, Heart or Spleen, and very much warms and enlivenes the whole Body.

Surfeit-Water. Take good Brandy, as much as you think convenient; steep a good quantity of red Single-Poppy-Flowers in it, the black Bottoms being taken away; and when, by Infusion and squeezing, the Brandy is well rinſur'd with them, put in fresh ones, till it becomes deeper dyed; then take of Ginger, Cinnamon and Nutmeg, two Drams each, to a Quart of the Liquor; bruise them grossly, and infuse them; then to every Quart, add a quarter of a Pound of Loaf-Sugar; let this infuse twenty Days, then strain off the Liquid Part, and keep it for Use, as an excellent Cordial in case of any Surfeit, or over-charging: It eases Pains in the Head, and strengthens the Heart.

And so, from these, I shall regularly proceed to other curious, useful Things, pleasant and profitable; and, in all Particulars, make good what I have promised; with many Additions.

To make Perfum'd Waters, and such as are proper for Scenting and Beautifying.

Rosa Solis, to make it. Put two Pounds of Sugar to a Quart of Water, in a Copper Vessel, over an Ember Fire; let them seeth to the Consumption of a fourth part; then put in two Spoonfuls of Orange-Flower-Water, and throw in an Egg, White, Shell and all, well beaten, stir it well with a Whisk in the Liquor; and when it boils take it off, strain it well two or three times; and when it becomes clear, pour into it a Quart or three Pints of

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right Brandy, and add Essence of Hypocras, or Amber, and it will be a curious Perfum'd Solis.

Essence of Hypocras. Take a Glass Bottle, that is very strong, pour in half a Pint of Spirit of Wine, add half an Ounce of grossly bruis'd Cinnamon, half an Ounce of Cloves, a Gross of Ginger, and a few Coriander-seeds well bruised, four Grains of black Amber, or Ambergrease, done the like in a Mortar; then corking down the Bottle very fast, expose it in Sand a Month to the Sun, and it will prove a curious Perfum'd Cordial. By this Rule you may make greater Quantities. But never let the Bottle be full, lest it break with the strength of the Spirit.

Orange-Flower Water. Take two Pounds of Orange Flowers, infuse them in three Pints of White-wine, and then distil them, and they will yield a curious Spirit. But if you design this only for a Perfume or Wash, they may be infused in fair Water, and drawn off in a cold Still.

Milleflure, or a Thousand-Flower-Water.

Take a strong Glass-Bottle, and put into it a Pint of Angel-Water; beat twelve Grains of Musk in a Stone-Mortar, and put it into the Bottle; then put in what wholesome Flowers you please that are of a curious Scent, more of the weaker than the stronger, which may temperate and allay them with the Water; and when they have been infused twenty four Hours, add a Pint of Spirit of Wine, and pour off the Water; and it will be both an excellent Cordial, and a curious scented, beautifying Wash.

Angel-Water. Put a Quart of Orange Flower-Water in a well glaz'd Earthen Pot, add two Ounces of Storax, a quarter of a Pound

of Benjamine, half an Ounce of Cinnamon, a quarter of an Ounce of Cloves, and three bits of Calamus; set the Earthen Vessel over a gentle Fire, or Embers, till it simmer to the Consumption of a fourth part, then add a Bladder of Musk, and so let it cool; pour it by Inclination, from the Settling, and keep it in a Glass-Bottle, close stop'd.

Essence of Amber. Get a strong Glass-Bottle, and into that put a Pint of Rectified Spirit of Wine; beat in a Stone-Mortar a Gross, or the eighth part of an Ounce of Black Amber, or rather Ambergrease, put this into the Spirit of Wine, with half a Gross of the Bladder of Musk, very small; so stop the Bottle close, set it for fourteen Days on Sand, exposed to the warm Sun, shaking it twice or thrice a Day; but never fill the Bottle full, for fear of breaking; and when you have thus done, let it stand quiet, without shaking, another Fortnight, and it will be a curious perfumed Spirit.

Hungarian-Water. Put into a large Bottle a Quart, or somewhat more, of Spirit of Wine, a handful of Rosemary-Flowers, some Tops of Thyme, Marjorum and Sage; keep it close stopp'd, and set it a Month in the Sun; dissolve the quantity of a Filbert of Orris in some Spirit, and put into it, and let it stand another Month, and it will prove a curious scented Spirit.

To reduce Spirits for making of Cordials.

The Reduction of Spirits is no more than to bring them to a middle Temperature, by uniting the Aqueous Parts with the most Spiritual, and fermenting to an Union. To do this,

Take a Quart of Water and a Pound of Loaf-Sugar, boil them for half an Hour very

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well together, or till you find them well incorporated, then let the Liquor cool till it is proper to put Barm to it; and when it is lukewarm, put in Spices as your Fancy leads you, viz. Cinnamon, *Jamaica*-Pepper, Orrice-Roots, Cloves, grossly bruis'd and slic'd; and being pretty cool, add your Barm, and let it work up sufficiently; then you may use it for Bottling of Ale, Mead, Cyder and Wines, putting about Two Spoonfuls to every Bottle, a little Orrice-Root, and a few Grains of Crystal of Tartar, and a bit of Loaf-Sugar; and corking them close, set them in a cool place, and they will drink exceeding brisk, and have a curious Flavour.

To make curious Cordial, take of this Liquor and *Aqua Corroborans*, half a Pint of the one, and a Pint of the other, four Ounces of Balm-Syrup, and mix them by well shaking in a Glass-Bottle.

An excellent Cordial Water. Take Balm and Plantane-water, of each a Pint, Cinnamon half a Pound, digest them three days, and distil off the Water, and add of this to any strong Cordial Spirit equal parts, and half the Weight of Syrup of Clove-gilliflowers or Violets, then a little Cochineel, and it will be a curious strengthening Cordial.

The Virtues of these Cordials. The first resists Pestilential Airs, strengthens the Heart, allays the Heat or Ferment of the Blood, helps in the Green-sickness, Jaundice, and the like.

The second is good, and taken successfully, in all cool Diseases; as Agues, Dropfical Humours, Colds, Rheumatisms, cold Aches or Pains afflicting the Nerves, cold Sliminess of the Stomach or Bowels, Numbness, Cramp, and the like.

A Treatise of High Ethernal Spirits, of force to fire Gunpowder; and of making several kinds of Varnishes by their Means and Help.

A high Spirit, proper for China Japan, and Lac Varnish.

Take of Bay-Salt three or four Pounds, de-
cipientate it very well, and give it a great De-
gree of Fire, but prevent its melting by well
stirring it with an Iron Rod, till it is reduc'd
to a curious fine Powder; and before it is quite
cold, put it into a Still, pour gently on it two
Gallons of *Aqua-vita*, Brandy Spirit, or any
other Spirit, and gently distil it in *Balneo* till
all is come over; and by this Means the Flegm
will remain in the bottom, and your Spirit
will at one Distillation be more fine, than at
two or three where there is no Salt.

To know the Proof and Goodness of it, put
some Gunpowder in a Spoon, or any thing
made of Metal, pour on it some of the Spirit,
and fire it, and when the Spirit burns out, if
the Powder goes up in a Blast, then is it a suf-
ficient Spirit: And to try the greater strength
of it, hold the Spoon or silver Taster in cold
Water whilst the Spirit is burning, but let no
Water come into it.

*The Use of this Spirit to prepare Varnish, as
Gold-Lac.*

Take of Seed-Lac eight Ounces, of the finest
Gum-sandriack in Powder four Ounces, mix
these very well, and put them into a large
Glass Bottle, and put to them four Pounds of
the Spirit; observe that one third of the Glass
be fill'd, and, with Hay twisted about it, place
it in *Balneo Maria*, and suffer it to stand till as

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much of the Gums are dissolv'd as will be, which may be in about eight or ten Hours, with often shaking, sometimes over the *Balneo*; then take Guttagamba an Ounce, *Sanguis Draconis* half an Ounce, dissolve these in it, and strain out the Varnish, keeping it close stop'd for Use: Some, instead of Guttagamba, use Turmeric; others, Saffron, to raise the golden Colour. Gum-anima makes a white Varnish, and Gum-spelt, a black one.

A China-Varnish. Take Rectified Spirits of Wine a Pint, put it into a clean Bottle, and add to it of Gum-Lac five Ounces, shake them well, and let them stand twenty four Hours in a moderate Heat, such as the Sun may give in the Summer Season, then strain it through a Canvas Bag, and being well settl'd by the Fire, keep it in Bottles close stop'd for Use.

A Black Ground for Japan Work.

The Ground is of the above-named Varnish; mix it in a Gally-pot with some of the following Blacks, covering the Work three or four times, and wash it over with clear Varnish ten times, let it be done in a Stove, and polish it at the end of eight Days with Tripoli.

To make the best Black, Take an Earthen Lamp, and put into it a large Cotton, then fill it with Linseed-Oil, and receive the Smoak in a new Earthen Dish, and with a Feather, from time to time, as it comes on, brush it off, and keep it for Use.

A Red Varnish. Mix Vermilion with the Grounds of the Varnish, with which cover the Work well three times; then strain in Glass Carnation-Red, through a fine Linen Cloth, place into the clear part of the Varnish, with which polish the Vermilion till the Colour is pleasing to your Eyes; then with the clear Var-

nish alone go over with it ten times, then let it dry seven or eight days, and polish it with Trippilo, as the other.

To make the Ingredients for Raising the Work, mix a sixth part of Wenting, and one part of Bole Armoniack in fine Powder; make them the thickness of Cream, in Gum-water, and lay them on: To make the Gum-water is no more than to dissolve an Ounce of Gum Arabick in a Pint of fair Water.

A Varnish for Silver. Take a Pint of the Spirit of Wine, put to it four Ounces of Gum sandriack, and one Ounce of Mastick, shake them well, and let them stand twenty four Hours in a moderate Heat.

Another China-Varnish. Take of Seed-Lac ten Ounces, Gum-sandriack an Ounce and a half, put these into a Can of Rectified Spirit of Wine, shake them considerably together, and let them remain forty eight Hours in a moderate Heat, then strain it through a Canvas Bag, and let it settle in a moderate Heat four or five Hours, then drain off what is clear, and keep it apart.

White Varnish Take three Ounces of pick'd Sandriack and two Ounces of Mastick, and put them to a Pint of Spirit of Wine, and let them dissolve well in a moderate Heat, and pour off the thinner part.

A Raw Varnish for Musical Instruments.

Take three or four Ounces of the deepest colour'd Amber, and put it into a well leaded Pot, and melt it on a Charcoal-fire, stirring with an Iron Spatula; and when it is melted it will be of a dark Colour, like Clarified Rosin; then pour it on a Marble Stone.

To purifie the Oil, Take of the best Linseed Oil, so much as will suffice, put it into a new

sten; and when it is enough, which you may know by putting in a Goose-Quill. and will not burn, strain it, and keep it for Use.

Then take of this Oil one Pound, of Amber above-mention'd six Ounces beaten very small, let them heat on a gentle Fire, keeping them continually stirring till it be dissolv'd; if it be too thick, add more Oil; and if too thin, more Amber; and when it is of a proper Thickness, strain it through a Cloth, and close stop it up for your Use.

To Black Wood. Take a Quart of Brandy, the like quantity of Spring-water, and two Ounces of Nut-Galls, the like of Salt M. boil them half an Hour in an Earthen Pot, close cover'd; then take a Sponge, dip it in, and with this Water cover the Work, once in four or five Hours, at least thirty times; every time, before it is quite dry, lay on the following Dye:

Take of strong Vinegar two Pounds, the Filings of Iron one Pound and an half, of Rusty Iron a little more than a Pound, Salt of Verdigrease an Ounce and an half, Nut-Galls a Pound and an half, a Pennyworth of Ox sublim'd, a piece of the Busk of Bois-dean, and a Limon cut into four quarters; let these steep fifteen days in an Earthen or Iron Pot close stop'd; and when it is dry, polish it with Trippilo.

To Gild this. The Proportions are, of Bole one Pound, of Sanguis or Red Stone One pound of Black-Lead an Ounce, of Tallow an Ounce and an half; steep the Bole in Water, and then pound the Red Chalk and Black Lead, and afterwards grind them fine with the Tallow, grind the Bole by little and little, then mingle them together, and cover them with Water.

To a Spoonful of this, put two or three Spoonfuls of Water, and the quantity of a Walnut of strong Sope Leay on seven or eight Couches.

To make divers sorts of wholesome and pleasant *English Liquors*, not yet treated of; some for usual Drinks, others Purging, &c. with the Virtues of the latter.

Dr. Butler's Ale, the best Receipt.

Take of Sarsaparilla two Ounces, Senna, and Polipody of the Oak of each four Ounces, Anniseeds and Carrawayseeds of each half an Ounce, Liquorice two Ounces, Agrimony and Maiden-hair of each a small handful, Scurvy-grass ten handfuls, grossly beat and bruise these in a Mortar of Stone or Wood; put them into a New Canvas Bag and hang them in nine or ten Gallons of Ale when it has well worked, and is three days old, and the 4th. or 5th. Day it will clear up so that it may be drank with Pleasure, a Pint at a time.

Its Virtues. It chiefly Purges by gentle Breathing sweats and Urine, being Excellent to Expel scorbutick Humours and Dropsie: It removes Gravel, slimey Matter, or other Obstructions in the Ureters, or neck of the Bladder; thins and sweetens the Blood; is good against all pricking Pains, or Head-aches.

Hippocras a new way. Take five Ounces of *Aqua vite*, two Ounces of Pepper, two of Ginger, and two of Cloves, Grains of Paradise two Ounces, Ambergrease three Grains, Musk two Grains; let all be infused twenty four Hours in a Glass-Bottle, on warm Embers; and when you would use it to make Hippocras, mix a Pound of fine Sugar, and a

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Quart of Wine or Cyder; and when the Sugar is well dissolved, add to it three or four drops of this Lignor, and your Expectation will be fully answer'd.

This is an excellent cooling Lignor, wholesome and pleasant.

Limonade. Scrape what quantity you think fit of Limonpeel into Water and Sugar, to which add some drops of Essence of Sulphur, with some slices of Limon and Sugat; viz. half a pound of Sugar to every pint of Water, and let them well infuse.

This is an excellent cooling Lignor in the Summer-season, admirable in Fevers, and in all hot Diseases, as well as pleasant on any occasion.

Mum. Take a Hoghead of Water, boil it to the consumption of a third part, and put in three bushels of ground Horse-beans, and a bushel of Wheat, brew it according to Art, draw off, and press out the Lignor, and put in so much more as may make, in its consumption, or boiling, to a third part, the Hoghead full; but when it is turned fill it not too full at first, that it may the better work; which, when it begins to do, put to it some of the inward Rhind of a Fir-Tree, three pounds of Birth, the Leaves and Tops of a Fir-tree, each one pound; *Cardus Benedictus*, dry'd, thr e good handfuls; Burnet, Bettony, Rosemary, Marjorum, Avens, Penyroyal, Elder-flowers, wild Thime, of each one handful and a half; Cardamum-seeds bruised three Ounces Bayberries an Ounce; put the Seeds into the Vessel when it hath wrought a while with the Herbs; and when they are added, suffer the Lignor to work over the Hoghead as little as may be; fill it at last, and before it is stopped, put into it ten new-lay'd Eggs, with

their Shells whole, stop it close, and let it stand three quarters of a Year, or more, to ripen: A little Horse-radish, Watercresses, and wild Pursley are added by some; and, indeed, the Horse-radish makes it drink very brisk, but gives it a Tang.

To make Punch Royal. Take one pound and a half of Loaf Sugar, and dissolve it in two quarts of Water; and if there be any drop in the Sugar, strain the Liquor through a Cloth; then add a Pint of Rhenish Wine, six Ounces of Limon Juice, or the Juice of four large Limons, seven or eight drops of the true Spirit of Salt, and a Dram of Alkermes, or two Grains of Musk, three of Ambergreece, a quart of strong Brandy, and a whole Nutmeg grated, with half an Ounce of Cinnamon, and a quarter of an Ounce of Ginger finely scraped, or beaten; stir these till they are very well mixed, and then head it with a good Toast or Sea Bisket; you may likewise when it is thus prepared, in what quantity you please, proportionable to these directions, bottle it up, and it will keep long, and drink exceeding brisk.

The best way to make Cyder, and order it. Sum

Take Redstreaks, Pippins, Pearmains, Rednetings, Golden Peppins, or such Apples as are pleasant Fruit as your Orchard or the Countrey will afford when they are indifferent ripe, so that upon the Tree shaking, they will fall with tolerable ease; Bruise or grind your Apples very small, and when they are come to a mass, put them into a Hair-Bag, and squeeze them by degrees, not overhastily, by turning an Iron Crow in the Screw; put up the Liquor, well strained, through a fine Hair Sieve into a Cask well seasoned, and aired with a lighted Bag dipped in Brimstone; then mast

let the Pressings with a little warm Water, and
re, to add a fourth part of it, when pressed out, to
s, and the Cyder; and to make it work kindly, heat a
indeed little Honey, three Whites of Eggs, and a lit-
k, but Flour together; put them into a fine Rag, and
hang them by a String to the middle of the
d and Cyder Cask, then put in pretty warm, about a
a two Pint of new Ale Yest; let it work, and well
drof purge it self from Dross, five or six Days,
ugh then draw it off from the Lees, into smaller
Wine Casks, or into Bottles, as your occasion serves;
ice and if the latter, leave an Inch vacant from
of the Cork, lest the Bottles fly, or break; and if
ermes any such Danger appears, which you may per-
greefe ceive by the singing of the Air through the po-
Nute rous parts of the Cork, then it will be requisite
Cinna to open them, to let out the fermented Air
Ginge that threatens to burst them. In Winter cover
l the Casks, or Bottles warm for fear of Free-
with zing or Chilling; but in Summer place them as
ewise cool as you can, lest the heat make it ferment,
stanti so that it raint; become musty, grow thick, or
Stions ropey; and that it may the better feed, and
drin keep its Body, put little Lumps of Loaf-Sugar
into it.

it. *Summer Cyder for present spending* Take
Ree Codlings, or other juicy Summer Apples, not
ples too sweet; or if they be, allay them with those
Coun that are sowerer, not gathering them too ripe,
t ripe but when they begin to turn; and lay them to
ill fa sweat in Hay or Straw for two or three Days,
r App then quarter them, and take out the Coars and
e to Kernels, then bruise and press them as the for-
queer mer; boil some sliced Codlins, and sliced
Quinces in fair Water with a few tops of Rose
he B mary, and blades of Mace, and mash this Wa-
Sieve ter with the pressings of the Apples; press it
with out as before, and mix a fourth part with the
ma Cyder; put it up, and add two Quarts of

White or Rhenish Wine to every twelve Gallons; purge it as the former, draw it off when settled, and keep it cool for present spending, for it will not keep longer than *September*.

To procure very rich Cyder without distilling.

Take a Hogshead or lesser Cask of Cyder, when the Frost is very violent in the Winter, expose it abroad, so that it may freeze in the outward parts, and then the main Strength and Heart of it will retire to the middle, which will, in an Hogshead, be about twelve or fourteen Gallons, when the weaker part is overpowered by the cold; and this, drawn off, and Bottled, will prove as Cordial as Sack.

This way is frequently used in *New England*, and other Places where Cyder is plenty, and at a cheap rate: And that which is frozen, may be, by heat of Fire, or the Sun in Summer Season, reduced to a tolerable good Vinegar, proper particularly for Pickling of Fruits, Flowers, Herbs, Roots, &c.

Perry. Take red Catherines, Orange-Pears, and some Winter-Pears, mixed together, none over-ripe; cut them in Quarters, and take out the Coars; then put them to soak in warm Water, sweetened with a little fine Sugar, Twelve Hours; then take them out, and press them, when bruised, as the Apples; boil the Water they were soaked in, to the Consumption of a third part, and put it to the Pressings, add of this squeezed out, to the proper Juice of the Pears, work it as the Cyder, and put in a few Lumps of Loaf-Sugar for it to feed on; and being well fined, and drawn off, it will drink brisk, and exceeding pleasant: If it grows thick, or be over-sweet, put to it a Quart of Rhennish-Wine, wherein two Ounces of Crystal of Tartar has been dissolved, and the Perry will again ferment, and fine it self,

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coming to be of a curious brisk Taste, and sparkling.

Metheglin the best way. Take clear Spring-water, seeth it over a gentle Fire, scumming it till no more scum arises; then add the Tops of Rosemary, sweet Marjoram, Balm, Sage, and Saxifrage, of each an handful to four Gallons of Water, and so proportionable to a greater or lesser quantity; let them boil three or four Hours, and when it has so done, set it to cool a night, then pour it off gently from the Scummings, and strain it; then add of the best Honey, as much as will very well sweeten it; take the Whites of twenty or thirty Eggs, beat them very well, and when it is over the Fire, and boils, pour them in at twice, stir it well, and then let it boil apace before you scum it; and when it is boiled sufficiently, pour it into a cool Glazed earthen Vessel; when it is cool again, pour five or six Spoonfuls of new Ale Yest upon it, stir it every Day, and scum it with a bundle of Hyssop, or some sweet Herbs, till it has done working, and then put it up into a Cask that has had Sack or Malaga in it, if you can get one; otherwise, season your Cask with Water wherein sweet Herbs have been boiled; let it have vent for three Days after it is put up, then stop it close; yet when you hear it make a Noise, you must give it vent with a Piercer, else, if it force not out the Cork, it may happen to make the Vessel fly in pieces.

To make this the richer, slice Ginger, Cloves, Cinnamon and Nutmegs, and putting them into a thin Bag, hang them by a String in it; and if it wants a good Body, add a Quart or two of Canary, and in two or three Months it will be fit for use.

Its Virtues. It is an Excellent Pectoral Drink; good against Consumptions, Peifficks, and the Asthma; it is cleansing, and diuretick; good against the Stone and Gravel, it is restorative, and strengthening, a great Comforter of the Vital Parts, and affords good Nourishment.

White Mead, the best. Take the Tops of Rosemary, Thyme and Sweet-Bryar the Wood of Agrimony, Eye-Bright and Roman Wormwood, of each a like quantity, viz. as much of each as you can hold between your Finger and Thumb, which, in Physical Account, is called a Pugil; cover these with Spring-Water, let them continue to infuse a Night and a Day; so take them out, and boil them in another clear Water, till the Colour comes high; so shift them into another Water, and boil them up till the Colour looks green, and suffer them so to do as long as any greenness continues; then, with the Herbs in the Liquor, let it stand twenty four Hours, then strain out the liquid part, and to every Gallon of the Liquor put two Pounds of Virgin-Honey, and when it will bear an Egg about the breadth of a two Pence above the Water, then work it well together, so that all the Honey may be dissolv'd; then let it stand twelve Hours, and then boil it again a quarter of an Hour, with twenty six Whites and Shells of Eggs: This done, let it cool, and put it up into a new, well-season'd Cask, or Bottles, with Spices, such as best affect your Palate, which, if in a Cask, you may hang in a Bag, as has been directed in other Liquors; but if bottled, then break into it little bits of Nutmeg, Mace, Cinnamon, &c.

If you are desirous to drink this pleasant cooling Liquor speedily, then to fine it, beat two Whites of Eggs, with a Spoonful of Yest, and two of Wheat-Flour, and put it into the Cask: suffer it to work well, and then stop it

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up, and in nine or ten Days you may use it, though it will keep brisk a very considerable time.

A Brown sort of Mead, looking somewhat like Canary : And all the difference is, the last is not boil'd to the height of the first ; and instead of Wood of Agrimony, some use Wood of Saxifrage which gives it a pleasant Taste and Colour : In all other Matters you may do it as the first ; only add a little handful of Borrage and Balm.

Both these are very cooling and wholesome Liquors, wonderfully refreshing in hot Diseases, and in the sweltry Seasons of the Year.

This, with Syrups mix'd with it when you come to drink it, may not only be chang'd into the Colour of sundry sorts of Wines, but be varied in Taste to make it more grateful to the Palate.

Excellent Coffee. Boil curious Spring-Water six Hours or more ; put into it, tied up in a fine Rag, a little handful of sweet Malt and Bayberries, two parts of the first, and one of the latter ; then draw it off into lesser Pots, and to a Pint and an half of this Water, put two Ounces of good Coffee-Powder, stir it well in, and set it before the Fire, to bubble up, and it becomes rich in taste of the Coffee ; then let it settle well, and pour it not out too hastily, but rather by Inclination.

Its Virtues. This, moderately drunk, removes Vapours from the Brain, occasion'd by Fumes of Wine, or other strong Liquors, eases Pains in the Head, prevents sower Belchings.

The best Tea. Set on your Boiler with fair Water, put into it a few tops of Hysop, let it boil as the former ; then add a few Leaves of Sage, and a Lump of White Sugar, or Sugar-Candy :

Candy; and drawing it off into less Pots, put to every Pint of the Liquor a Dram and an half of the Herb Tea, and put it before the Fire to settle, and heat, and infuse well, for if it boil any thing after the Tea is in, much of the Strength will evaporate, and leave it weaker then otherwise it would be; sweeten it with fine Sugar when you pour it out, more or less, according to your Palate.

The best Chcolate. Take of Milk and Water an equal Proportion, let them boil, and well incorporate, but not too long, keeping it stirring, lest it burn too, and spoil; then add of your Chocolate-Cakes, grated fine, an Ounce and a half, or two Ounces if you would have it richer, to every Quart of the Liquor; then take it from the Fire, and add to it the Yolks of two new-laid Eggs, beat them well, with as much fine Sugar as will sweeten it; then mill it with a Mill for that purpose till it becomes thick, and proper for drinking: This Mill is a Stick, with an Head at the End full of Notches, which you must, at the little end, hold in your Hand and hastily twirl it about. Some, to high Colour it, and give it a better Flavour, put Saffron in a little Rag, or fine Sarsenet, and put it into the Liquor when it is boiling.

Chocolate-Cakes, the best. Take Cocoa-Nuts, moderately dried in an Iron Pan, scrape or peel off the Husk, and then beat the Nut to fine Powder, and sift it, and to every Pound add six Ounces of White Sugar, one fine grated Nutmeg, half an Ounce of Cinnamon, one Bonile, of the best Musk and Ambergreece, each four Grains.

To prepare this, have a Stone-Mill, or else an Iron Plate, very bright, and an Iron Roller, two hands longer than the Plate, and about ten Pounds Weight; place the Plate on a

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Wooden Frame, so, that a little Charcoal Fire may be made under it, to give a gentle Heat ; and first melt the powder'd Cocoa-Nuts and Sugar together, by rolling the Iron Roller over them, and work till the whole Mass becomes like Dough ; then add the Nutmeg, Cinnamon and Bonile ; and the longer you work it, the finer it will be : Observe carefully its Oiliness, and be heedful that it burn not ; therefore observe, never to suffer the Plate to be too hot, moving the Mass from the Iron Plate often with a thin Iron Slice ; and last of all put in your Musk and Ambergreece ; and when it is well wrought, make it up into Cakes, or Rolls, and keep it in dry places for use.

Cock-Ale, to make it the best way. Take a Cock of half a Year old, kill him, and truss him well ; and put into a Cask about twelve Gallons of Ale ; add four Pounds of Raisins of the Sun, well picked, ston'd, washed and dried ; Dates sliced, half a Pound ; Nutmegs and Mace two Ounces ; infuse the Dates and Spices in a Quart of Canary twenty four Hours ; then boil the Cock in a manner to a Jelly, till a Gallon of Water is reduced to two Quarts, then press the Body of him extreamly well, and put the Liquor into the Cask where the Ale is, with the Spices and Fruit, adding a few Blades of Mace ; then put to it half a Pint of new Ale-Yeast, and let it work well for a Day, and in two Days you may broach it for Use ; or, in hot Weather the second Day : And if it prove too strong, you may add more plain Ale to palliate it.

This is excellent for Consumptive Persons, who are wasting in any part of the Body ; and contributes much to the invigorating of Nature.

Covent-Garden-Purl, or Purl Purging.

Take of slic'd Beet-root an Ounce, Coriander-Seeds and Sena, each two Ounces; Horseraddish two or three little Slices; the Flowers of Rosemary and Sage, each an handful; Roman-Wormwood a Pound and an half; bruise these grossly together, and put them into a Canvas Bag, which put to a Kilderkin of Ale, hanging it almost to the bottom, and in two or three Days it will be fit to drink.

This moderately purges by a gentle breathing Sweat and Urine, and is very cleansing for the Body, carrying off gross Humours. It was first made (as we hear of) in *Covent-Garden*, from whence it took its Name.

East-India Rack, as it is made here.

Take a Gallon of Brandy, a Quart of tart Cyder, not sower, Lime-Juice half a Pint, a Quart of Water, Beaten Cinnamon, Nutmeg and Ginger, of each a quarter of an Ounce; White Sugar-Candy finely beaten, two Pounds; mix these well together, and put a Toast dip'd in Honey into it.

Rum. This is made in the Sugar Islands, &c. in this manner; They steep the Grindings and Refuse of the Sugar-Canes in fair Water two or three Days; then drawing off the Water, they boil it; and keep scumming of it till no more will arise; then they put it up in Cask to ferment and work nine or ten Days, in which time it gains a strong Body; then draw it off from the Settlings, into other Casks, and put to it *Jamaica*-Pepper, and a few Sweet-Herbs, hung in a Bag in the Cask, which gives it a curious Flavour.

In *England* it may be made after the same manner with the Washings of Sugar-Hogheads or Chests, and Sugar-Bakers or Sugar-Refiners Refuse, or such Foot or Dross-Sugar as is fit

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for no other Use but that, and Distilling; adding Sweet Herbs and Spices, as Ginger, Cloves, Cinnamon, Mace, and Nutmegs; and you may have a pleasant Liquor at a cheap rate: You may put into it Balm, Mint and Hyssop, according to the quantity you make; and being bottl'd, it will prove a curious refreshing Drink, both in Summer and Winter: You may add a little Molassus, to make it a stronger Body.

To make Variety of different Ales, and other Liquors.

If you are desirous to have Variety of different Ales, &c. on a sudden, it may be easily done in the following manner:

Make a Syrup of the Root, Spice or Herb you intend, or of many, to keep by you on Occasion; and having a good, clear, strong Body'd Ale, bottle it up within three Inches of the Cork, put in two Spoonfuls of the Syrup, and two or three Drops of the Essence or Chymical Spirit of the Herb, Root, Flower, Spice, &c. either Scurvy-grass, Mint, Balm, Cyprus, Nutmeg, Cinnamon, Orange, Limon, Citron, Clove, or the like; shake it a little, and let them incorporate; and when you pour it out, the Ale will have the true Relish and Scent of what you put in, whether of what I have named, or of Goosberries, Raspberries, Currans, Cherries, Strawberries, Mulberries, or the like, though with some Variation of its proper natural Colour. And so, at all Times, with one good Tub of Ale in your House, and the other Materials, you may make forty several Changes, to pleasure your self, and make your Friends wonder how you came by such Variety of Liquors.

A curious moderate Purging-Ale.

Take a Peck of the Leaves and Flowers of Scurvy-grass, Water-creffes half a peck, Brook-Lime a quarter of a peck, English Rhen-barb six ounces, Horse-Raddish four ounces, Carraway and Anniseeds, of each an Ounce; Sena and Fennel, each an ounce; Polipody of the Oak, four Ounces; Figs, and Raisins stoned, of each eight ounces; put these into twelve Gallons of new Ale, having first grossly bruised them, and put them into a fine Canvas Bag; let them stand three days, then draw it off, and bottle it up for Use; or keep it in an Earthen Stean or Jar, close cover'd.

Its Virtues. This wonderfully helps in the Scurvy, restores a lost Appetite, provokes Urine, carries away the slimy Matter out of the Bowels, purifies the Blood, cleanses the Reins of Gravel and Sand, and is good in Fits of the Stone. A Pint-glass is a sufficient Dose, to be drunk fasting: For, Note, if you make these Physical Ales, or Wines, your common Drink, they will do you by far more prejudice than good; but if taken in due proportion, in suitable Seasons, they will be a far better Friend to you, than the Doctors, with all their Pills, Bolusses, Powder, and other Poisons, and not put you to the Twentieth part of the Charge.

Ale, or any other Liquor, that is too new or sweet, stale or eager.

Put to every quart of Ale, or other Liquor ten or twelve Drops of the true Spirit of Salt, and let them well mix together, which they will soon do by the subtille Spirits penetrating into all Parts.

To recover sower Ale. Scrape fine Chalk a pound, or as the quantity of Liquor requires more; put it into a thin Bag, and so into the Ale.

To make Sage-Tea, the best Way.

Boil your Water, ordering it in all respects as for other Tea; and to a quart, put in an ounce of dry'd Sage, and put a little Limon-Peel into it; boil it up, and sweeten it to your Palate, and it will prove a very wholesome Liquor to cleanse the Blood, and cool the Heat of the Body. And thus you may do by Mist, Balm, &c.

Of Ales in general, brought from divers Parts of England, and sold in London.

There are sundry sorts of Ales, that prove very pleasant and wholesome Liquors, brew'd after the common Methods of Brewing, but differ from ours at London; and many attribute the Cause to the Water; some, to the Males; others, to their Skill in Brewing and Fining them; as Nottingham, Derby, Burton, Hull, and some others; which might I conceive, be as effectually brew'd here, with the same care, viz.

Boil then your Liquor sufficiently, prepare good Malt accordingly, give it good Mashings; let it purge well, and be gentle and easie in the Settling; draw it off from the first and second Settlings, and fine it with Ison-glass and the distill'd Simple Water of Clary, and bottle it up with a very little Loaf-Sugar, and it will keep well, and answer your Expectation.

But, after all, I must acknowledge, there is a great Difference in Water, which may much alter the Liquor; and of some, good Drink cannot be brew'd, as common Experience teaches us: But the best Water for these Ales is that which is clear, moving, of a good Substance, and sweetish in Taste; and, if fermented between your hands, is smooth, and a little clammy: But on the contrary, that which is brackish, or Alomy tasted, is to be rejected.

Rules for well Bottling of Liquors.

If any Liquor be prick'd, or fading, put to it a little Syrup of Clary, and let it ferment with a little Barm, and it will recover it; and when it is well settled, bottle it up, putting in a Clove or two, with a little Lump of Loaf-Sugar; you must have firm Corks, boil'd in Wort or Grounds of Beer; fill within an Inch of the Cork's Reach, and beat it in with a Mallet; then with small Brass Wire bind the Neck of the Bottle, bring up the two ends, and twist them over with a pair of Pincers.

The Mystery of the Fruiterers; or, The Way to gather, keep, and order divers sorts of Fruits and Berries.

Of gathering Fruit in Season, &c.

In gathering Fruit in Season, if you design them to be long lasting, and unperish'd, there ought to be great care taken; and to do it in general for all Fruits growing on standard-Trees, have such a Ladder as may bear lightly on the Boughs, so as not to endanger their breaking, and bruising the Fruit.

Gather your Fruit by the stalks to prevent bruising of them, do it when they are well ripening, but not over-ripe; and to put them in, have a Basket with a hook to hang on the Round of the Ladder, or some convenient Boughs laying Fern, or Nettles, in the bottom to keep them from pressing by their weight too hard, lay them gently in, and as gently out into the Receiver; and never proceed to gather them in a wet day, nor so early in the morning that the Sun has not time to draw up the moisture from them, lest the dampness soon perish them; and where Fruit, especially Stone-fruit, is not all ripe at once,

gather

gather them as they ripen, and so those that remain having the greater Advantages of Sap may ripen the kindlier, and grow larger; gather those that have no stalks to hold by with a tender hand, lay them not on heaps, but single, on Nettles, or some such Weeds not offensive in smell, and they will not only perfect their ripeness, but sweat out their superfluity and be sweeter in Taste; keep them in dry places, and if the Weather be hot, let the cool North, East or West Winds, breathe on them by the opening of Windows, or other Conveniencies in clear, dry days.

To know whether Pears or Apples be ripe, gather one from the middle of the Tree, cut it in the middle, and if there be a great hollowness, and the Kernels seem loose, they are of a sufficient ripeness.

Apricots, Nectarines, and such like, are known in ripeness, by the stones easily parting from the Fruit, and growing of a dusky colour; as for other things your Judgment will direct you, by seeing, handling, smelling, and tasting.

When you gather Quinces, rub off gently the Wooliness, pack them in Straw, and in a dry Cask, with a layer of Straw between each laying of Fruit, for they are very subject to mouldiness and rotting upon the least contracted Moisture, and must be placed at a distance from other Fruit, because their Scent is offensive to them.

If you gather Medlars, or Services, you must do it before they are ripe, just when they are turned brown, and by laying the first in Straw thinly, and hanging the other upon Lines in bunches, they will kindly ripen of themselves.

As for your Winter Apples, it is proper to gather them without the Stalks, because they will soonest perish and wither.

How to stow and order your Fruit, the better to keep them sound and long in your Fruit-loft or Ware-house.

1. Your Winter-fruit in this case must not be too hot nor too cold, too close nor too open, but removed from all offensive Smells; for if any be near them, they will be apt to attract it, and spoil their Taste; also it will corrupt them.

2. The proper place to stow them in is a Low-room, or Cellar, clean and sweet, either paved or boarded, but not too stifling or close, and into these it will be proper to lay or shift your Winter-fruit at *Christmas*; and with shifting and airing at convenient times, you may let them continue there till the middle of *March*, stopping, in extream frosty Weather, all the Crevices with a little Straw, to keep out the Frost and bleak Winds.

3. When the warm Air returns, brought by the Influence of the Sun, if you find any considerable defect among your Fruit, remove them from these close places to airy, light-some, ceiled Rooms, giving them fresh Straw, and leaving a Window open in all clear dry days, letting in the Sun Beams as much as may be; observe, that where you have placed your Fruit in Cellars there be no damp sweaty Walls, for they will cast a mouldiness, and that will bring a Specking, and total Rot, in time among them; beside it much abates the natural Taste and Scent of those that remain sound: And thus you may order them till *Michasmas*; some sorts of Fruit there are that rarely last beyond

beyond *Alballonside*, but by this Management they have been kept much longer well conditioned.

To rub them over with the Juice of Spearmint, but not to let the moisture long continue on them, is a great preserver of Winter Fruit (take this as a Secret)

4. Those that are earliest subject to Decay, it is proper they should be laid by themselves: Those that usually continue till *Christmas*, by their selves: Those that usually continue till *Shrovetide*, by their selves: And Pearmains, John-Apples Pippins, and Winter rassetings, which last all the Year, are proper to be laid by themselves.

5. As for Pears, they keep very long, many of them all the Year; as, the Winter Boon-Chrestien, the Great Kareville, the black Pear of *Worcester* Surtein, the Blossom-Pear.

6. There are other Apples than what I have nam'd, that may be managed to keep till new ones come again; viz. the Golden Doucet, the Boon Pearmain, the Reniting, and many more I might name, but they being well known to those who deal in Fruit, for Brevity sake I omit.

7. As for those that are speck'd, take them away, and dispose of them, whilst a good part remains sound, lest they infect the rest. Put no Fallings among lasting Fruit; but rather make Cyder, Perry, Pyes, Tarts, &c. of them, which will turn to a greater Advantage. You need not turn the most lasting Fruit, unless you see great Occasion, till *Christmas*, and then shift their Straw if it be any wise damp; however, turn it well, and lay it hollow; then you may let them remain till *Whitsontide*; and ever observe, in your Turning, to lay your Heap lower and lower: But observe never to handle any in a great Frost, but those you

take for present Use, unless they lie in a very warm Cellar, nor for a Time afterward, because at any considerable Thaw their Giving and Dampness makes them soft, and the least Bruise will subject them to rot. Also in great Rains, or exceeding damp Airs, forbear to meddle with them; yet set open the Windows, if the Weather be warm to air them.

(8.) Whether you are to carry them by Water, or by Land, observe you do it not in Frosty Weather, nor in *March*, when the Winds are sharp and high; nor in the extream Heat of Summer; but in moderate Weather, and they will be the longer lasting.

To keep Grapes, Gooseberries, Apricots, Peaches, Melarines, Cherries, Currans, and Plums, the whole Year

Take fine dry Sand, that has little or no Saltness in it, make it as dry as possible with often turning in the Sun; gather your Fruits when they are just ripening, or coming something near Ripeness, dip the Ends of their Stalks in melted Pitch or Bees-Wax; and having a large Box, to shut down with a close Lid, dry your Fruit in the Sun a little, to take away the superfluous Moisture, and lightly spread a Laying of Sand in the bottom of the Box, and a Laying of Fruit on it, but not too near each other; then scatter Sand, with much evenness, about an Inch thick over them, and so another Laying, till the Box be full; then shut the Lid down close, that the Air may not penetrate; and always as you take out any, lay them even again; and so you will have them fit for Tarts, or other Uses, till new ones come again; and if they are a little wrinkled, wash them in warm Water, and it will plump them up again: You may use Mil-

let instead of Sand, if you think it convenient.

To keep Figs and Stone-Fruit sound, and fit for Use, all the Year.

Take a large Earthen Pot, put the Fruit in it in Layings; their own Leaves being between them; then boil up Water and Honey, scumming it till no more will rise, but make it not too thick of the Honey, and pour it in warm to them, stop up the Vessel close; and when you take them out for Use, put them two Hours in warm Water, and they will have, in a great measure, their natural Taste.

To keep Strawberries, Raspberries, Currants, Gooseberries and Mulberries.

Take new Stone-Bottles, air them well in the Sun, or by a Fire, dry your Fruit from superfluous Moisture, to prevent its sweating; take off the Stalks, and put them into the empty Bottles, by a Fire, that may draw out as much of the Air as may be; then suddenly cork them up, and tie down the Corks with Wires; let the Corks be sound, and not any ways visibly porous; for if they be, the Air will come in abundantly, and corrupt the Fruit; then in a moderate cool Place cover the Bottles with Sand, laying them side-ways, and the Closeness will preserve them.

To Pickle Cucumbers to keep Green and Crisp.

Take a sharp Rape-Vinegar, and add to each Gallon a Quart of fair Water, and a handful of Bay-Salt well beaten; so that it may dissolve in the Vinegar; boil them well, and take off the Scum till no more will arise; and having laid your Cucumbers of a moderate Size, twelve Hours to steep in cold Water and Salt,

as well to harden them, and confirm their Colour, as to take off the Dust they have contracted, cut your Dill about two Handfuls in length, throwing by the very large Stalks, or boiling them in the Liquor, and make a Laying at the bottom of the Cask with it, and a few Bay-Leaves, and so lay your Cucumbers Regular on it, continuing the Layings between every Span thick of them till the Cask is filled up; then put in the Head, and hoop it up close; take the Liquor from the Fire, and when it is Bloodwarm, pour it, with a Funnel, in at the Bung-hole, till the Cask be near full; and then take some Mace sliced, Nutmeg and Pepper, boil them well in as much Liquor as will fill the Cask up, put it in, and Cork or Plug the Bung-hole close, and let them stand two Months at least before you open them, and they will not only be Crisp, but of a curious Grass-green, greener than when they were growing, and keep, with a little renewing their pickle, till new ones come in.

To Pickle French Beans. Take sharp White-wine-Vinegar, and a little Spanish-Salt, boil and Scum them as the former; and when it is boiling hot, having stringed your Beans, put them in; and after a boiling or two, to make them a little tender, take them off, and let them cool in the Liquor, and then put them into the Liquor you intend they shall remain in, with a Sprinkling of whole Pepper, and a few Cloves; cover them over with Bay-Leaves, and lay a Board, with a Weight upon it, to keep them down.

To Pickle Barberries. Make a Pickle with Salt and Water, and boil it up to a Strength, till it will bear an Egg, Scum it well, and put a good handful or two of Barberries into it, and let them boil till they burst, or may be

reduced

reduced to Pulp; then strain the Liqueur, and put it to your cold Barberries, pretty warm, and cover them with Hyfop

This way Pickle green Grapes, Plums, Goosberries, Apples, Quinces, Cornels, and unripe Currans.

To Pickle Mushrooms. Clean them in warm Water from the Dust they have contracted, then boil them a little, a walm or two, that they become tender; put them into strong White wine-Vinegar, with some bits of Cinnamon, Mace, Nutmeg, whole Pepper, and Bay-berries; keep them as close as may be from the Air.

To Pickle Artichoaks. Parboil Artichoaks that have full Bottoms, and take off the Leaves and Choak with the strings, drain them and dry them with a Cloth, make a Pickle with fair Water and Salt, well boiled and scummed so that it will bear an Egg; then place the Artichoak bottoms in an Earthen Vessel, between a Laying of Laurel or Bay-leaves, with a few of their own Leaves about them; pour in the Pickle hot, and pour melted Butter on the top, which spreading, will, when cool, keep out the Air and prevent their musting; tie over the Vessel with a Leather or Paper, and set them in a cool place, and when you would use them, soak them in fresh warm Water, which taking out the Saltness, will render them at any time fit to be used in Pies, or to boil and serve up at the Table, as a rare dish when others are not to be had.

To Pickle Broom-Buds. Take strong Vinegar and Water, an equal quantity; put a Seasoning of Salt into it, then boil and Scum it well, so put in the Buds clean picked from the Stalks, let them boil a little tender, and so put them to cool, add a little *Jamaica* Pepper, and cover them

them close for your use : Thus you may pickle Turnips, by cutting them in Square Bits about the length of your little Finger ; but then you must boil them somewhat longer than the Buds, but not soft.

To pickle Purslain and Asparagus. Take the tender parts of these, sprinkle them with Salt and Cloves grossly beaten together, and lay them regular in a glazed Earthen Vessel, boil Vinegar and Salt, and put it to them very hot, and then stop them up close ; thus you may pickle the hard inward Heart of Cabbages, or Cabbage-Lettice, to serve for Salating among other Herbs, at any Season of the Year ; as also the white Stalks of Endive and Succory.

To Pickle green Pease, or Beans. Take Water and Vinegar, boil them well, viz. the Liquor, and just scald the Pease, or Beans, and put them up in a close Earthen Vessel and when you have a mind to boil them, steep them a Night in fresh Water, and when they are boiled, they will eat almost as if they were new gathered, which has been proved to the Admiration of many, who have wondered where such Delicates could be had in the dead of Winter.

To Pickle Samphire Make a strong Pickle of Water and Salt well boiled, and well scald the Samphire, but not to any considerable softness ; pack it close in a Cask, and head it up.

Thus you may pickle Ashkeys, or Bramble-Buds, Plantain-Roots, and the like.

To Pickle Clove Gilliflowers, Composts, Violets, Primroses, and such other pleasant Flowers.

Infuse them in fair Water, over a gentle Fire, and then press out the Liquid Part into the Water, which, with some Sugar, you may boil up to a Syrup, as shall be hereafter shown.

may Put the pressed Leaves of the Flowers in Square strong White-wine Vinegar, and to each Gallinger on add a Pound of fine Sugar, keep them as longer close as may be, by tying Leather over the Gallypots, to keep out the Air, and they will be ke the excellent Sawces on all Occasions.

h Salt To Pickle Oysters. Take what quantity you d lay will of pretty large Oysters. Liquor and all, l, boil wash them clean from the Grit, and put to y hot, every three Pints of fair Water h lf a Pint of u may White-wine Vinegar, half an Ounce of grossly es, or cruised Pepper. an handful of Salt, and a among quarter of an Ounce of Mace; boil these o- ar; as ver a gentle Fire till a fourth part be consum'd, dry. taking off the Scum; just scald the Oisters, Water and put their own Liquor into the Pickle, and liquor, then put them up into little Barrels, or Pots, d put and stop them very close, and they will keep in when cool Places the Year round.

hem a To salt Neats-tongues. Cleanse the Roots y are well from the Moisture, and wash them well were n warm Water, to open the porous Parts, to the hat the Salt may the better penetrate; dry ddered them well again, and make a Pickle of Spanish dead Salt and Water, or Bay-Salt, well boil'd in it; ke of them lie cover'd in this a Week, then take ld the them out, and rub them over with Salt-Peter riness; salt very well, which will penetrate, and co- umble- out them red, pressing them down hard with Board and a Weight, that being put into the kln to dry, they may keep their due Proportion: They are usually dried with Saw-dust Tolets, burnt, which, together with the Salt, gives ers. them their dusky red Colour, which appears gentle n the outside of them before they are boil'd. t into To make English Hams like those of Westphalia, u may in Shape and Taste.

own. Take the Legs of young, well-grown Pork- Put ts, and cut with them part of the Flesh of the

the Hind-line, on either side, more than is commonly usual; then lay them in Cloths to press out the remaining Blood and Moisture as much as may be, laying Planks on them, and on them great Weights, which will bring them into Form: Some have Boxes purposely shap'd for them, with Screws or Weights to press down the Lid.

When they are thus order'd, salt them well with Bay-Salt, finely beaten, and lay them in Troughs, or a wicker Pannier, one upon another close pressed down, and cover'd with Sweet Herbs, as Hyssop, Winter-savoury, Thyme, Penny-royal, &c. which will infuse into them a pleasant Flavour; let them continue thus a Fortnight, then rub off the common Salt, and rub them well over with Petre-Salt, and let them lie three or four Days till it soaks in, it being of a wonderful penetrating Nature; then take them out, and hang them in a very close Smoak-Loft, and make a moderate Fire under them, if possible of Juniper-wood, but so that it may last long, and let them hang to sweat and dry well; then hang them up in a dry, airy place, to the Wind, three or four days, which will purge them of the ill Scent the Smoak has put into them; and then hang them up in any dry place, against you have Occasion to use them; which when you do, wrap them up in sweet Hay, and put them into a Kettle of Water when it begins to boil, and keep them well cover'd till they are boil'd, and they will cut off a curious Red Colour, and eat short and savoury, so that few can distinguish them from the right *Wistphalia* Hams.

To make Sausages equal to those brought from Bolonia.

Take the Fillets of young tender Porkers, three parts Lean, and one Fat, to the weight

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of twenty five pounds, season it well in the small threading, and beat it in a Mortar with Pepper and Salt, a little grated Nutmeg, and a pint of White-wine mixt with a pint of Hog's Blood, then stir and beat it all together till it is very small; add a few sweet Herbs small chop'd and bruis'd, as Penny-royal, Sweet-marjoram and Winter-savoury; then with a Whalebone-Bow open the Mouths of the Guts you are to fill with this Meat, and thrust it leisurely down with a clean Napkin, lest, forcing it with your hands, you break the Gut; make Divisions of what length you think convenient, tying them with fine Thread; dry them in the Air two or three Days if it be clear, and the Wind brisk; then hang them in rows, at a little distance one from the other, in your Smoak-Loft; and when they are well dried, rub off the Dust they have contracted with a clean Cloth, anoint them over with sweet Oil-Olive, and cover them with a dry Earthen Vessel; and, either roasted or boil'd, they will equal those so much boasted of from Italy.

To recover Anchovies that have, by the Loss of their Pickle, become rusty, or decay'd.

To a gallon of fair Water put two pounds of Petre-Salt, boil it till a fourth part is consumed, scumming it continually as the Scum rises; then put to it a quarter of an ounce of Crystal of Tartar, mix these, well stirring them; then unpack the damag'd Fish, and re-packing them lightly, pour in the new Pickle, mix'd with a pint of good old Pickle, and stop them up close twenty four days; and when you open them again, cover them with fine beaten Bay-Salt, and let them stand three or four days; then, as you take them out for Use,

be careful to cover them down with a Slate, and they will prove well.

To recover Sturgeon, or Salmon, that is decayed.

Take a gallon of White wine-Vinegar, boil it by it self, with three or four Slices of Ginger in it; boil separate'y two quarts of Water, and a pint of White wine, with an handful of Salt; mix these together then steep the Fish four or five Hours in warm Water, take it out, and dry it; mix the Pickles together, and put them to it luke-warm; cover or head up close the Vessel or Cask you put them in, and let them stand ten or twelve days before you open them.

Good Vinegar for Pickling. &c.

Take the middling Sort of Beer, inoifferently well hopp'd, let it work as long as possible, then fine it down with Izinglafs, so draw it off from the Settlings, and to eve y ten Gallons put ten pounds weight of the Pressings or Husks of Grapes, mash them together, and let them stand in the Sun, if in a hot Season, otherwise in a close Room, heated by Fire; and in thirty or forty days it will prove, being drawn off by Inclination, an excellent Vinegar: For want of Grape-Husks, you may use the Pressings of Crabs; or sower Apples, but they will not bring it to so good a Body or Taste.

Foul White or Rhenish-wines, set in a warm place, will grow tart and fine themselves to a very good Vinegar: Clarets or Red Port will do the same, but not alter their Colour. Cyder will make a tolerable good Vinegar; and so will unripe Grapes, or Plums, &c.

To make Elder Vinegar. Take White wine, or good Rape-Vinegar, and fill a Cask three quarters full with it; then gather Elder-flow-ers moderately blown, in a dry day, pick off the little Sprigs and Flowers from the greater
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Stalks, air them well in the Sun that they may grow dry, but not so as to crumble; then put a pound of them to every four gallons of Vinegar, sowing them up in a fine Rag; and stopping the Cask close, let it stand in a warm place four or five days; and at ten or twelve days end the Vinegar will have the perfect Taste of the Elder flowers, and prove not only grateful in Taste, but very wholesome.

To make Rose-Vinegar, and that of other Flowers.

Take Roses half blown, in a dry day, viz. the Red or Damask ones, pluck the Leaves, and cut away the Whites at the bottom with a pair of Scissers, air them a little by spreading them on a Carpet, in the Shade: For if you suffer the Sun to come to them, it will dry away much of their Scent; then put them into a well-glazed Earthen Vessel, and to every pound of Roses put a Gallon of the best White-wine-Vinegar, cover them close, and suffer them to infuse eight or nine days; then take out the Roses, and press or wring them hard into the Vinegar, and so strain it, and put it up for Use, and it will have the perfect Scent of the Roses: And as you would have it stronger or weaker scented, so you must order it accordingly, in putting in more or less Roses; or, when the first that are put in are well infus'd, take them out, and put in fresh ones.

In this manner you may make Vinegar of Cowslips, Clove-Gilliflowers, Violets, Primroses, Peach-Blossoms, or the Blossoms of any fragrant and wholesome Flowers: And even of Herbs; as Mint, Balm, Sweet-Marjorum, and the like: All which are very wholesome, much contributing to Health.

And thus having given you the best Directions in these Matters, I proceed to others, as weighty, and necessary to be known, for the

Reader's great Advantage; taken from the most exact Experiments.

The Curious Art and Mystery of Confectioners.

To make Macaroons. To do this well, take of sweet Almonds one pound, blanch them in warm Water, and shake them in a Sieve, that the Husks may loosen, and come off; then beat them fine in a Stone-Mortar, give them a sprinkling of Rose-water, and add to them a pound of fine Sugar, well fierced; mix these well with beating, and sprinkle a very little fine Flower; to make them incorporate the better, add the Whites of two or three Eggs; and when they are so thin that they will drop out of a Spoon, like Fritters, place Wafers on an Iron-wire Grate made for that purpose, and drop them regularly; then put them into an Oven moderately heated, and they will spread and rise; when you see them just begin to change Colour, take them out, and put them up in papered Boxes, very dry, for Use.

Genova Bisket. Take four ounces of Sugar, and put to it a pound of Flower, sprinkle among them a convenient sprinkling of Coriander and Anniseeds, beat in the Yolks of four or five Eggs, add as much warm Water as will make it into a Paste, make it up Bisket-fashion, and bake it in a moderately heated Oven, but not brown; then cut it into five or six pieces or slices, which bake again till they be somewhat brown, and they will keep good a long time.

Naples-Bisket. To do this well, mix an equal quantity of fine Flower and Sugar, and all things else as in the former; put the Batter in Tin Coffins, and glaze the Tops with a Feather dip'd in Rose-water and Sugar.

Paster

Paste of Fruit. Take what quantity of any pleasant Fruit you will, take out the Stones or Kernels, pare them, and boil them in fair Water to a Pulp, strain the Pulp through a coarse Linen Cloth, and to ten Pounds of it put six Pounds of Sugar, then boil them up together; and when they are well incorporated, drop them on Tin Plates, and spread them a little, sprinkling them under and over with a little dry Sugar, then turn them, and let them dry; after that, keep them in very warm Places, as over an Oven, or in a Stove, often turning, and sprinkling them with Sugar, till they are very dry; then put them into dry Boxes, well paper'd, and keep them for Use.

You may thus make Preserves of Bugloss, Borrage, Roses, and other Flowers and Herbs, into Paste.

Marmalade of Damsons. Take about two Quarts of ripe Damsons the largest you can get, put them in the Sun to dry, or evaporate a little of their superfluous Moisture; peel off the Skins of three Pints of them, put them into an Earthen Vessel, and those not skinn'd undermost; then stop the Vessel very close, and put it into a Kettle of boiling Water, but so that no Water can come at the Fruit; and when by this Means they are grown, through the Steam and Heat, very tender, take them out, and skin and stone those that were not so ordered before; then make them into Pulp, and boil them, with their Weight in Sugar, over a gentle Fire, with a little Rose-water, till they become a Marmalade.

And thus you may make Marmalade of Gooseberries, Cherries, Plums, Apricots, Nectarines, or any other delicious Fruit.

White Marmalade of Quinces. Take Quinces, sliced thin, to the Weight of six Pounds when pared

pared and coared, and boil them to a Pulp in fair Water; to the Pulp put two Pounds of Clarified Sugar, moisten'd with Rose-water: boil them gently together till the Liquor be swelled out of the Quinces, and the Sugar well dissolved, which you may try by laying a little on a Plate to cool; then put it up for your Use.

Thus you may make Red Marmalade, Marmalade of Pippins, Pomwaters, or other Apples; and of Orange-peels scraped, and boiled in two or three Waters, to take out the strongness of their Taste before they come to be boiled up to a Pulp, and mixed with the Sugar, Rose-water, or Orange-flower-water. Also Marmalade of the Peels of Limons and Citrons.

To preserve Apricots. Gather this Fruit well button'd, the Stone being so tender that you may run a Pin through it with ease, and let them dry a little from their Moisture; then put them into warm Water, to break them, and let them stand close covered till the tender Skin will easily come off with scraping; then put them into another Preserving-pan of hot Water, and let them stand till they become very green; then clarify an equal Weight of Sugar, with the White of an Egg and some Water, boil it up to a Syrup, and put the Apricots into it.

If you would do this when they are ripe, you must stone them, and then you need not boil them, but boil up the Syrup with the Juice of some of them and Sugar, and put them into it boiling hot.

Thus you may preserve Peaches, Plums, Grapes, Barbergies, &c.

Cakes of Apricots. Take large Apricots, moderately ripe, scald them well in Spring-water,

skin

skin and stone them, and take out the Pulp, and add half its Weight in Sugar, boil it up over a gentle Fire; and being just warm, spread it in Cakes.

Thus you may do by Raspberries, Strawberries, Currans, or such suitable Fruit, as is best pleasing to your Palate.

To Candy Clove-Gilliflowers, and other Flowers.

Pick your Flowers from the Husk, and snip off the white Bottoms, weigh their Weight in refined Sugar, put Rose-water to it, and set it over a Charcoal-fire, let it heat by Degrees, and stir it till it be heighten'd to a Candy-syrup; keep them in a dry Place, and use them as you find Occasion.

And thus you may candy other Flowers, as Cowslips, Primroses, Violets, and the like.

To Candy Orange-Chips and Peels. Those properly call'd Chips, are the Parings of the Orange, fine and thin; the Peel is, the whole half, when the Pulp or Meat is taken out. These must be boiled in several Waters, till they much abate of the strength of their Taste, and become tender; and having dried them, put as much fine Sugar to them as will cover them, boil them up to a Candy-height, and when that is done, take them out, and put them in an Earthen Vessel four or five Days, and let them stand warm; then put them over the Fire again, and there let them continue till they be well hot, then lay them on a Wyre Frame to drain, then put them into your Stove, or on the top of an Oven, to harden; and at ten Days end they will be fit for Use.

Limon and Citron-peel are thus Candied; as also, Eriago-roots, Fennel-stalks, and any hard Stalk, fit for Candying.

To make Syrup of Quinces. Take of the Juice of Quinces three Quarts, set it over a fire, and

and let it simmer well, and take the Scum clean off; and when it is clarified from the Dregs, boil it to the Consumption of half; then add of deep Red Wine two Quarts, four Pounds of fine Sugar, a Dram and an half of Cinnamon finely beaten, Cloves and Ginger as much; in the like manner boil these to a Syrup, and suffer it to cool by degrees; then bottle it up, corking it very close; and use it as a great cooling Cordial.

Thus you may make Syrup of Barberies, Elderberries, Sloes, or Apples.

Syrup of Raspberries. Put six Quarts of Raspberries, pick'd clean, and well dried in the Sun, into five Pints of Canary, in a well-glazed Earthen Vessel, and cover them very close; keep it cool ten Days, then distil them in a Rose or Glass-Still, adding three Pints of fresh Berries, and a Pint and an half more of Wine; and when the Berries have lost their Colour, strain out the remaining liquid Part, and with as much fine Sugar as is convenient, boil it up into a Syrup, clearing it of Scum.

Syrup of Clove-Gilliflowers. Take two Quarts of Water, and a Pint of White-wine, boil in it two Pounds of the Flowers with the Whites cut off; when they have sufficiently boil'd, wring them out into the Liquor, and add an handful or two of fresh ones; do the like by them till you see the Liquor of an high Colour, and it has taken the full Scent of the Flowers; then put in four Pounds of fine Sugar, and three or four Cloves, with a bit or two of Cinnamon, and boil it up to a Syrup; put it into Bottles, or close stop'd Glasses, for your Use.

Thus you may make Syrup of Roses, Violets, or any Herb that is cordially pleasant, and well scented.

The Market-man's or Woman's best Instructor, in knowing all sorts of Poulterers Wares, whether they be New or Stale, Young or Old.

A Capon, to know whether a true one, young or old, &c.

If a Capon be young, you may perceive it by his short, blunt Spurs, and his Legs will be smooth: But some knavish Poulterers will scrape the Spurs, and artificially smooth the Legs; therefore be careful of that; and if you mistrust a Trick in it, pinch the Fowl on the Breast with your Finger and Thumb, and if they go in easily, it is young; if not, it is old. If it be a true Capon, it will have a fat Vein on the side of the Breast, and a thick Belly and Rump. If it be pale about the Head, and the Comb short, it is the sign of a right one; but if red, then otherwise. If it be stale 'twill have an open loose vent; but if new, a close hard one.

A Cock or Hen Turkey, Turkey-Pouts, &c.

If a Cock-Turkey be young, you may know it by the blackishness and smoothness of his Legs, and a short Spur. If it has been long killed, the Eyes will be sunk in the Head, and the Foot feel very dry; but if not, the Eyes will be lively.

The same is to be observed by the Turkey-Hen: But if you expect one full of Eggs, observe further, that she will have a fast open Vent; but if not, it will be close and hard.

A Bustard is know the same Way.

The Turkey-Pouts are known, as to their Newness, or Staleness, by the same Rule. Their Age cannot deceive your Eye.

A Pullet, her Marks. Many, in their Marketing, have been deceived in this particular; and

and, instead of a Pullet, have been imposed upon, by taking an old Hen. To prevent this Evil for the future, observe, That a true Pullet has her Legs and Breast smooth, and pinches very tender on the Breast. If she be with Egg, the Belly will feel soft ; but if not, more strait : If with Egg, the Vent will be open'd ; and if not, hard and close. As for Staleness or Newness, they have the same Signs as the Capon.

A Cock, young or old, new or stale.

To know his youngness, observe his Spurs ; but mark they are not pared or scraped, to deceive you : If they be short and dubbed, he is young ; but if sharp and standing out, old. An open Vent signifies, he is stale ; an hard and close one shews he is newly killed.

Chickens. Those that are dry-pulled, are stiff when new ; but if stale, their Vents are green, and they limber. If they be wet-pulled, or scalded, then rub your Thumb or Finger on the Breast ; and if it be slippery, they are stale ; but if rough and stiff, then are they new. If they are fat by Cramming, 'tis known by the fat Rump and Vent.

The Wild Duck. This Fowl, when fat, is hard and thick on the Belly ; but if not, then is she thin and lean : If limber footed, new ; if dry-footed, stale : And if it be a true Wild Duck, it has a reddish, small Foot.

The Tame Goose. If this Fowl has but a few Hairs, and the Foot and Bill be yellowish, she is young ; but if she be full of Hairs, and the Foot and Bill be red, it is then old. Its Newness or Staleness is known as the former.

The Wood-Cock and Snipe. This Fowl, if fat, is thick and hard ; if new, limber-footed ; but if stale, dry-footed. Observe likewise, the Nose being snotty, and the Throat moorish and muddy, then is it bad.

The Way to get Wealth.

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The Snipe, if fat, has a fat Vein on one side, under the Wing, and feels thick in the Vent. The other Marks are as the Wood-Cock.

The Partridge. If this, either Hen or Cock, be old, the Bill will be white, and the Legs of a blewish Colour; but if young, the Bill is black, and the Legs yellowish. If it be new, it has a fast Vent; if stale, a green and open one, which, with a touch, will peel: Yet if she have fed on green Wheat, and her Crop be full, she may be tainted there, though other Marks discover it not; and to know this, smell at her Mouth.

Of Doves or Pigeons, Plover, &c.

These are of various Kinds; and to distinguish them in their Feather, observe the following Directions.

The Turtle-Dove has a blewish Ring about its Neck, and is otherwise, for the most part, white.

The Stock-Dove is bigger than the Wood-Pigeon; and is a good nourishing Food.

The Ring Dove is less than the Stock-Dove, but not so delicate a Food.

The Dove-house-Pigeon; when old, they are red Legg'd. If they are new and fat, they feel full and fat in the Vent, and are limber-footed; but if stale, flabby vented.

Thus you may know Bustard, Grey Plover, and Green Plover, Feldfairs, Thrush, Mavis, Larks, Black-Birds, Wood-Larks, and all other small Birds.

Teal and Widgeon, Land and Water.

These, if fat, will feel hard and thick on the Belly; but if thin and soft, they are lean: If they be limber-footed, they are new; if dry-footed, then are they stale.

And by the same Rule you may know Moor-

hens,

hens, Stent, Poutel, Whewers, Didappers, and other Water-Fowl.

The Hare. A Hare, if new, and clean killed, will be white and stiff; but if stale, the Flesh will be blackish in many Places, and limber. If the Cleft in her Lip spread exceedingly, and her Claws are blunt and ragged, she is old; if the contrary, then young.

The Rabbit, or Coney. If stale, she will be limber, and the Flesh look blewish, and have a kind of a Slime upon it; but if new killed, stiff, and the Flesh white and dry. And if it be a right Coney, or Rabbit, it will have a small gristly Knot on the outside of the Fore-Foot, a little above the Joint. If she be old, her Claws are very long and rough, and long grey Hairs stand out among the Wool.

And thus I have, as I hope, given a satisfactory Account of these Things to the Buyer, &c.

To know several sorts of Fish, whether New or Stale.

Lobsters. To know whether these be new or stale, unbind the Tail, and if it be stiff in opening, and snap too again, then is it new; but if limber and flagging, it is stale: If new, it has a pleasant Scent at that part of the Tail which joins to the Body; if stale, a rawmish faint Scent. If it is spent, a white Scurf will issue out among the Roots of the small Legs, and at the Mouth. To see whether it is full, open it with the Point of a Knife, on the Bend of the Tail, as it is tied down; and if it fill the Shell there, and be red, hard, and pleasant scented, it is good, but if sinking and soft, it is spent and wasted: For the Fishmonger, to deceive the ignorant Buyer, will only open them at the extream part of the Tail; and though they be wasted, they will

appear

appear well enough there. If you suspect the Claws filled with Water, to make them weighty, as sometimes they do, pull out a Plug you will find there, and the Water will gush out.

Prawns, and Shrimps. If new, they will be hard and stiff, cast a pleasant scent, and their Tails turn strongly inward; but if stale, then limber, and will fade in their colour, scent faintly, and will feel clammy, unless, in that to deceive you, they have new-washed them; however, by their Limberness and Colour you may know it.

Crab-Fish, Great and Small. If stale, the Joints of their Claws will be limber, the colour of their Shells of a dusky Red, and an ill scent just under the Throat of them; their Eyes will be very loose, turn any way with the tip of your finger, and sink inward.

To know the Goodness of Boil'd Salmon.

If the Scales are bright and shining, of a light azure colour, the Skin, when pressed down, rising again quickly, the Flesh of a blushing colour, the flakes parting kindly, and large, without breaking, feel oily and moist between your fingers, and of a pleasant scent, then it is good, and has not been made up again when damaged: But if the Scales be cloudy, dark, easily slip off the Skin, rough and stubborn, the Flakes short, dry and brittle, then is the goodness gone from it; either it is decayed Fish, or has been recovered by Pickle, after damage.

Anchorvies, Good and Bad, to know them.

Open the Cork in the middle of the head of the Barrel, put in your Little Finger, and taste the Pickle; if it tastes mellow, has a good relish, and looks of a dusky Red, then is it the natural Pickle, and they may prove well: But if it be whitish, watery, rough, and very brackish,

it signifies new Pickle has been put to them. But to try the Fish, open the Backs of two or three of them, and if the Flesh be of a pleasant Red, soft and mellow, the Bone moist and oily, the Flesh easily parting to good lengths, without breaking, then are they good ; but if it be stiff, brittle, of a dusky colour, the Bone dry, and of a whitish Yellow, or blackish, then they are decayed, or have been rusty, and artificially recovered, and consequently naught.

Pickl'd Herrings, Good or Bad.

Open the Back, if the Flesh be soft and mellow, kindly parting from the Bone, come out in long flakes, the Bone white, and somewhat enclining to a light Red, then are they new, and good ; but if the Flesh stick to the Bone, be brittle and rough, the Bone of a yellowish, blackish, or Murrey Colour, they are rusty, and of little worth.

The same of Pilchards.

Red Herrings, Good or Bad. If they carry a good gloss, and the Flesh part kindly from the Bone, and they be of a light bright colour, they are good ; but the contrary shews them decayed, or rusty.

Of Salt-Cod, and Old-Ling. These are known to be good when the flakes rise well and oily, the Bone parts clean from the flesh, and they are of a bright natural colour and scent ; but they are bad when they break short, are hard and dry, change colour, the Bone dry and discoloured, the Skin rough, and sticking close, not well to be stirred or removed.

To know Plaice or Flounders, New or Stale.

If they be alive, this Scrutiny needs not : but, on the contrary, see if their Eyes are any ways sunk, or look very dull, if they be limber, and have an unusual cold, clammy slime upon them, then are they stale : But if they be stiff,

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their Eyes clear, and moderate dry, their Finns stiff, and not crimpling or shriveling together, it is a sign of Newness, or that they have not been long dead.

To distinguish these the one from the other, they being much alike in shape, observe these Directions :

The *Plaice* has red or Orange-colour'd spots on her Back, her Finns more spreading, of a tawnyish or brown colour on the Back, and a more earthy white Belly, her Mouth standing, as it were, more awry.

The *Flounder* is dusky or cloudy on the Back, without spots, thicker, and more compacted, and a kind of an azurish white Belly.

Fresh Herrings and Mackarel. Their Newness or Staleness is known by their keeping or losing their lively shining redness on their Gills; for a deadish, fading colour, the frog within their Gills turning dusky or blackish, with an ill scent, their Finns crimpling and limber, and their Eyes looking dry and dull, shews they are Stale; whereas the contrary denotes them New.

Maids and Thornback. The Staleness appears in these, by their Eyes beginning to sink and look dull, their Flesh feeling flabby, and a slimy matter coming from their Vent, their Lips beginning to hang, and the Corners of their Mouths to be distorted: But when no such bad signs appear, they may well enough pass for New.

These Fish are held to be one and the same in Kind; but the *Maid* growing old, has Thorns or Prickles growing out upon her Back, and is from thence called a *Thornback*.

Carp, Pike, Bream, Roach, Trout, Graling, Ruff, Chub, Tench, Eel, Barbill, Fresh Salmon, Whiting, Smelts, &c.

These and all such like Fish, when dead, if

new, will be stiff, and their Eyes well standing, of a lively colour for a time; but when they begin to taint, their own cold slimy substance makes them limber, and the moisture falling from the Brain, renders the Eyes more dull to appearance, and as it were shrinking, or sinking; their Finns, though often wetted by the Fishmongers to prevent it, will however crumple, shewing signs of approaching putrefaction, if not already tainted.

Those that are by nature red about the Gills have a peculiar mark besides all these; for the lively colour, as they grow stale, will fade, and become paler and paler to a deadish colour.

And by these Rules you may look over the whole stores of Fish, and make your Judgment accordingly.

To preserve Fish a while when near Tainting.

This is meant of Fresh Fish: The best way to do it, if they are not too far gone, is, Take out their Guts, but do not wet them with Water, then sprinkle them within and without with Salt, and lay them in rows, on Flags or Rushes, in a cool, dry Cellar, but suffer them not to touch one another, then cover them with Hyssop or Winter-Savoury; and so they will keep twenty four hours pretty well, the Herbs drawing the scent from them, and the Rushes the moisture and slime; but they will afterwards be better boil'd or bak'd, than fry'd, stew'd or roasted, unless they are stewed with Spice and Wine.

Directions in Marketing, to buy Butchers Meat.

Lamb, Good or Bad. If you are to purchase a Fore-Quarter of Lamb, cast your eye on the Vein in the Neck; if it be turning yellowish, though the Meat may scent well at that time,

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yet it is about tainting; and if the Weather be warm, it will not keep sweet till the next day: If it be greenish, it is already tainted: But if it look ruddy, or of an azure colour, then it has not been long killed. As for the Hind-Quarter, scent under the Kidney of the Loin, and feel whether the Joint of the Huckle be limber or stiff; and if you meet with a faint or ill scent in one place, and (unless it be killed when hot) a more than usual limberness in the other, decline it, as not for your turn, unless for present spending, and your Price be accordingly.

Veal, Good or Bad. If the Vein in a Shoulder of Veal appear as in the former, you have the same rule to chuse or leave it: The further mark is, its Clamminess, and growing more than usually limber and soft; or if you see any spots of Greenness about it, it is tainting, or tainted, and will not keep. If it be brought up in wet Cloths, it is apt to be musty; and here your Nose must instruct you.

The Loin first taints under the Kidney; the Neck and Breast, at the upper ends; first shewing a faint Yellow, and then a dusky Green, which is the worst symptom of tainting.

The Leg is known to be good or bad, by the liveliness or changing of such Veins, or by small Streaks that appear in it, according to the former Rules, Clamminess, &c.

The Flesh of a Bull-Calf is redder, and more firm grained than that of a Cow-Calf, the Fat more curdling, &c.

Mutton, Young or Old, New or Stale.

If it be young, the Flesh will pinch up tender, and soon fall again; but if old, it will wrinkle, and remain: If young, the Fat will easily part from the Lean; but if old, it will stick faster, being very skinny and fibrous:

But to try it effectually, put it rough on a Plate, over a Candle, or a gentle Fire, and if it spread and run presently, it is young; but if it hiss and spread slowly, or little, it is old, or else Ram-Mutton, which may otherwise be known by the closeness of the Grain, and the deep redness and roughness of the Flesh; as Ewe-Mutton is discovered by being more loose and pale than that of Weathers: Though indeed the several sorts of Feeding do many times alter the Flesh some small degree in colour and firmness, viz. Up-Lands, Moors, Heaths, or Marishes. But if there be a Rot in the case, the Flesh will be palish the Fat a faint white, inclining to yellow, and the Meat will in a manner slip from the Bones when raw, if any force be used, because the Skin or Film that should take hold of the porous parts of the Bones, and should unite it more firmly, is it self loosen'd by the force of the Disease.

As for Newness or Staleness, take the same Directions as in Lamb and Veal.

Beef, its Age or Youth, Newness or Staleness; and to distinguish Bull, Cow, or Ox-Beef one from the other, &c.

If it be right Ox-Beef, it will have an open Grain; the Fat, if young, of a crumbling or oily softness, not tough and spongy, unless it be old except the Brisket and Neck-piecer, and such parts as are very fibrous. The Colour of the Lean is of a pleasant Carnation-red, and the Fat rather inclining to whitish than to much yellow.

Cow Beef is of a closer Grain, less boned, and of somewhat less colour, the Fat whiter, and if young, tender, easily indented with your finger, but in a little time it will rise again.

Bull-

Bull-Beef is of a more dusky Red, closer and firmer than either Ox or Cow-Beef, harder to be imprinted with your finger, and suddenly rising on a light touch if you do it, the Flesh brawny, and the Fat gross and very fibrous, difficult to melt, and of a strong scent. And thus, little or more it will be, if it be the flesh of a Beast that has not been gelded till grown up to full bigness; and if old, very tough upon pinching, so that your Nails will with great difficulty enter it.

As for Newness or Staleness, this sort of Flesh has few signs to the eye, more than the appearance of a lively fresh colour for the first, and a darkish dull colour for the latter; but cut in pieces, where the Veins can be discern'd, observe as in Lamb and Veal.

If the Beef has been too suddenly kill'd upon over-heating in driving, it will soon taint, and never take Salt kindly. This you may know, by squeezing it in any fleshy part where there are Veins; and with hard squeezing a red Juice will issue out, and tincture your fingers. As for further confirmation, if you mistrust your Sight, use your Scent: Bull-Beef will smell strong and Rawmish, so will that which has been over-heated in driving: And if it be your bad luck unadvisedly to buy either of these to salt, make a strong Brine-Pickle, boil'd and well skumm'd, and put them into it twenty-four hours when cold; then take it out and salt it with dry Salt and it will take much better, because the Brine has first penetrated it to make way.

If this Meat be bruised, that place will look of a dusky colour to the rest, as having settl'd Blood in it, that in the killing would not evacuate with the other Blood. And for the rest, use your Scent where you see cause to suspect;

suspect ; and believe your self, rather than the Butcher's Protestations or Oaths.

If this sort of Flesh be Old, several pieces will, in your hand, shrink a little from the Bone ; but if Young, it will stand firm and well where it is not divided from them by cutting.

And these Directions, together with your own Experience, cannot but be profitable to you.

Of Pork and Brawn. If you find little Kernels in the Fat of Pork, like small Peas or Hail-shot, in any number, it is Measly, and not wholsom for Food.

If in pinching the Lean it break, and squeeze soft and oily between your fingers, it is Young : Also, if you can nip the Skin of it with your Nails, that is another token of Youngness ; so is it when the Fat is soft and pulpy, in a manner like Lard.

But if the Lean of it be tough, the Fat very rough, spongy, or not expanding well between your Fingers and Thumb, and the Skin or Rhind stubborn then it is Old, and may be a Piggish-Sow, especially if the Flesh be extraordinary flabby, and the Skin crinkled.

If the Flesh be of a Boar, or an Hog gelded at full growth, then it will smell Rawmish, look redder than ordinary, or at least of a dusky Red, and both the Lean and Fat will feel harder and tougher than usual, the Skin will be thicker, and not easily pinched up ; but when it is, 'twill immediately fall again.

As for Newness and Staleness, try the Legs and Hands, or Springs, at the Bone that comes out in the middle of the fleshy part, by putting in your finger, and scenting it, for there it first taints : The Skin will also be sweaty and clammy when Stale, but smooth and cold

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when New. And of the rest, you may make your Conjecture according to these Observations.

This is best first laid in Pickle twenty-four hours, and then put into dry Salt, which will give it a good Colour, and a more than ordinary savoury Taste.

Brawn is known to be Old or Young, by the extraordinary or moderate Thickness of the Rhind, and the Hardness or Softness of it; though that I account best, not made of a proper Boar, but of a Barrow gelded at nine or ten months old, and kill'd the second year. The greatest danger in this is Mustiness, of which your Scent must inform you; and your Feeling, whether it be clammy or not. If you design to keep it when bought, boil two quarts of Beer-Vinegar, with a quart of Water, and two handfuls of Salt, half a dozen Bay-Leaves, and a Race of Ginger sliced; scum the Pickle well, and when it is cold put it into an upright Earthen Pot so that it may cover the Brawn standing upright, and keep it close.

To discover Defects in Dried Hams, and other Bacon.

Take a sharp-pointed Knife and run it under the Bone in the inside of the Ham, about the middle, and quickly drawing it out, scent it with your Nose; and if it has a curious relishing savour, and comes out with little daubing, then are the Hams good and sweet: But if it smell rank, the Knife be much clouded, and the Vent it made cast a Hogo, then, for want of well salting and ordering, they are tainted. Also try the Fat on the edges, by cutting up a sliver at one end, which you may put down again: If it be firm, white, and well-scented, it promises a good Ham; but if loose and yellowish.

106 *The Way to get Wealth.*

lowish, or of a rusty colour, then it is not as it ought to be ; it is either rusty, tainted, or enclining to it.

If Bacon gives much in moist Weather, and becomes flabby and soft, it has not been well salted and dried, and therefore must be quickly spent, or it will grow naught.

Of Venison. The Haunches and Shoulders try under the Bones with your Knife. as directed for the Hams ; if it have a good scent there, fear not but it may spend well. As for other Parts, observe the colouring of the Flesh ; if it be Stale, it will look black, with some yellowish or greenish specks : If it be Old, the Flesh will be tough and hard, and the Fat more contracted, and of a skinny or restraining substance.

To Recover Tainted Flesh. Put it in an Earthen Vessel full of small holes, with a Cover to it, lay Sweet-Herbs above and beneath, with some Toasts of Bread ; then dig an hole in the Ground, and set the Vessel into it, and cover it with Earth, and let it stand twenty-four hours in a light fresh Mould ; and the Earth, together with what is in the Pot, will take the scent away : But it must be presently spent, or it will draw in fresh Air, and putrifie again. Where you have not this conveniency, wash Venison in warm Water, when tainted, let it soak four hours, then put it into Vinegar, Salt and Pepper as long, and presently use it : Let not the Vinegar be too sharp, an ordinary sort of Rape-Eager will do best.

Butter. Taste it your self at a venture, lest a well-tasted and scented piece may be purposely placed in the Pound, to deceive you ; for when Salt-Butter is rank and decay'd they work it up with Water, and make Fresh-Butter of it, such as is sometimes cry'd about for

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Fourpence-halfpenny a Pound ; for the Water, by much working, takes out the Saltneſs, and much of the rānk Scent ; but then the Strength and nourifhing part is loſt, and in melting it turns to a faint Oil, or Wheyiſh Subſtance, not fit for Uſe. Salt Butter is better ſcented than taſted, by clapping a Knife into it, and preſently putting it to your Noſe : If it be a Caſk, truſt not the top only, for that may be purpoſely pack'd ; but unhoop it to the middle, and thruſt your Knife there through the Crevice of the Staves, and ſo you may be too hard for the Deceiver.

Eggs. If you have not the Opportunity of a Candle, hold them up againſt the Sun ; and if the White appears of a muddy or cloudy Colour, and the Yolk lies not round, or is broken in any, then are they nought ; but if they be clear and fair, then they are good. If you have none of theſe Advantages you may inform your ſelf by ſhaking them ; and if they ſwag much, they are waſted, and perhaps their Yolks are broke, and they Addled ; though ſome New-Eggs will ſhake a little, but not ſquaſh ſo as you can hear the ſhaking to any purpoſe. The beſt way to keep them long, is in Bran or Meal, though ſome do it in Sand.

Some Obſervations in Buying Fruits, Engliſh and Outlandiſh.

As for Cherries, Strawberries, Raſberries, Apricots, Plums, Currans, Goosberries, Mulberries, Malacatoons, or the ſeveral ſorts of Peaches, or any ſuch like Fruits, your Taſte, Feeling and Eye will inform you whether they are under-ripe, ripe, or over-ripe ; ſome delighting in them in one condition, and ſome in another : But my Purpoſe reaches farther, which is, to prevent your buying periſh'd,

prick'd or musty Fruit, which may yet bear a fair Outside, and deceive you.

If you doubt Pears whether sound or not, though they may feel well, pull at the Stalk, and if it comes out easily, with the Spires belonging to it, and they look of a rusty, darkish colour, then is the Pear perishing at the Core.

Apples, though outwardly appearing firm, if there be a Speck where the Stalk grew, the Core is perishing, and they will not long keep, if they be not already decay'd. And the like observe by Quinces, at either end, either the Stalk-place, or the Blossom-end; for either of these two places being speck'd or tainted, they are more dangerous than any Speck, though much larger, in another place, because they putrifie to the heart and centre. Mustiness in these Fruits is discern'd by their Roughness, and deadish or palish colour, to what in their lively colour they seem.

Oranges and Limons, whether dry, or full of Juice, are known by their Weight; their Goodness, by their perfection of Colour. If they be prick'd, they will be soft, and some spots appear, or bruised places; then they are, for the most part, black at heart, and perishing.

Pomegranates are known to be full or empty, by their ratling or not ratling; their Goodness, by the redness of their Berries, or Seeds.

As for Roots, Herbs, Flowers, &c. it is unnecessary to give an Account of them, they being so well and commonly known to the Buyer.

Rules for good and cheap House-keeping, &c.

How to make Bread more substantial than ordinary.

Take the Bran that has been boulded off, put it into a Kettle of Water, and boil it; then

Strain

strain out the Water, and it will be white, and of a thick, strengthening substance, with this wet the Meal wherewith you make your Bread; then add Yest, and a little Salt, and so make it into Loaves; and it will be more heartning, pleasanter in taste, and encreased in substance, than otherwise it would have been.

To make Bread that will keep moist and good, very long.

Slice a Pumpkin, and boil it in fair Water till the Water grows clammy, or somewhat thick; then strain it through a fine Cloth or Sieve, and with this make your Bread, well kneeding the Dough; and it will not only encrease the quantity of it, but keep it moist and sweet a month longer than Bread wetted with fair Water only.

To make Flummery. Take half a peck of Wheat-Bran that has not been over-much boulded or sifted, let it soak three or four days in two gallons of Water, then strain out the liquid part pressing it hard; boil it to the consumption of a third part, so that when it cools it will be like a Jelly, and keep long. When you heat any of it, season it with Sugar, and a little Rose or Orange-flower-water, and add a little Cream or Milk, and it will be very pleasant and nourishing.

To make salt Pottage fresh. Set them over the fire, and beat up a little Wheat-Flower with the White of an Egg, and put a little of the Broth among it to make it thin; then put it into the Pot or Skillet, and in a little boiling up, with stirring it, it will exceedingly abate the saltness.

To make Meat salt in Boiling or Roasting, that was before fresh.

When haste requires dressing of Meat, that You cannot have time to salt it; if Boil'd Meat,

make the Water boil up before you put it in ; and having well rubb'd it with Salt, put it in, and throw in Salt by degrees, a little at a time, till the Broth tastes very strong of it, and so cover it close ; and be it Pork or Beef, the Water penetrating with its Heat, it will carry the Salt quite through, and season it sufficiently.

If Roast Meat requires Saltness or Seasoning, make a Brine of Salt and Water boil'd together, and when it begins to be well heated at the fire, baste it with it hot, and in a few turnings the force of the fire will cause it to penetrate ; and when you perceive it has well done so, by a dry salt Scurf that will arise, then you may baste it with your ordinary Basting, and roast it to a Redness.

To Powder a Goose in Roasting. This may be done the former way ; but however there is a better, *viz.* Take an handful of Sage or Parsly, bruise it very small, then mould it with Butter and a good quantity of Salt, with a little grated Bread to bind it ; roll it up, put it into the Belly of the Goose, and tie the Neck and Vent close to the Spit, and as the fire heats through it by degrees, the Butter and Gravy will carry the Salt into all parts of the Flesh, so that it will be as well season'd as if it had been powder'd a Week or more.

To make any Fowl very tender. About an hour before you design to kill them, pour down the Throat of each a spoonful of Vinegar, and let them run about the Room, or Yard ; and when they are kill'd, hang them up in their feathers, by the heels, in a smoaky Chimney ; then pull and dress them, and they will be very tender.

If present occasion require them, when you have pull'd and drawn them, heat a good Pebble-stone, wrap it up in a fine Rag, and so put

it into the Belly of the Fowl, closing the Vent to keep in the Steem. and in half an hour they will be much tenderer than otherwise they would be.

Of Jellies, and how to make them. Jellies are very strengthening and nourishing, as carrying the whole strength of the thing they are made of in them, and many of them may be made with little Cost. Their proper Meats to be made on are these, viz. 1. Three pair of Calves Feet; 2. A well-flesh'd Capon not very fat, and a Knuckle of Veal; 3. A pair of Calves Feet, half a pound of Izon-glass, and a well-flesh'd Capon; 4. A Knuckle of Veal, and an old Cock; 5. A Pullet, and a quarter of a pound of Harts-horn; 6. A Capon only; 7. A Cock or Capon, with Izon-glass; 8. Jelly of Hogs-Feet; 9. Sheeps Feet, Lambs Feet, or Calves Feet. Now, to make these into proper Jellies, I shall give you one Example for all, as to what relates to Flesh-Jellies, viz.

Take Calves Feet well scalded; pare the bottoms, and take out the long Shank-bones, lay them to soak in Water four or five hours; boil about a dozen of them in two gallons of Spring-water, perpetually, as they boil up, taking off the Skum, till about the fourth part of the Water be consum'd; then strain it through a Jelly-bag, or a thick Linen Cloth, and let it cool; then take the clearer part from the Settlings, pare off the top, and melt it; then put it into an Earthen Vessel, adding White-wine, Ginger, Mace, Cinnamon, and the Whites of Eggs, little or more, proportionable to the Jelly you make; then add some Juice of Limons and Sugar, to season it; boil it leisurely, and strain it again; then eat it alone, or serve it up with Meats, or any other things that require Jellies of this kind. And so,

by boiling the other Meats to mash, according to these Rules, you may make curious strengthening Jellies of them.

To make Jellies of several sorts of Fruits.

The Fruits proper for these are, 1 Currans, 2. Quinces, 3. Apples, 4. Pears, 5. Plums, 6. Rasberries, Strawberries, and the like. And to make these, I shall, for brevity's sake, give you one general Example, *viz.* Jelly of Apples.

To do this, Pare the softer sort of pleasant-tasted Apples, and slice them very thin, taking out the Coars and Seeds; boil a pound of them in a quart of Water till a fourth part be consum'd, then strain it well, and to every pint and an half put three quarters of a pound of Sugar, with a little Mace or Cinnamon, and boil it up to a thickness, adding a quarter of a pound of Izon-glass; strain it again, and put it up for Use.

This and all other Jellies of Fruits are cooling and wholsom, taken successfully in hot Diseases, and very refreshing at all times. And by this Rule you may make Jelly of any Fruit. You may mix, if you please, Wine, Cream or Milk with them, if your Palate is desirous of it; and scent them with Rose, Orange, Citron, or any pleasant-scented Waters.

To make Jelly Broth. Take any of the Meats mention'd for Meat-Jellies, put a quart of White-wine to two quarts of Water, and a pound and an half of Sugar, six Eggs, two Nutmegs thinly sliced, two Races of Ginger, a quarter of an ounce of Mace, and a little Cinnamon grossly bruised; boil it up as the Calves-feet Jelly, strain it, and scent it with a little Ambergrease or Musk, season it with Limon or Orange-Juice, and it will be excellent.

Sundry kinds of Sauces and Garnish.

For Chickens roasted : Take the Gravy, and the Juice of Oranges, and a little Cinnamon or Pepper very finely beaten or sifted ; lay some slices of Manchet curiously carv'd round the Dish ; lay the Chickens in the Sauce, and garnish with Limons thinly sliced, Parsley and Barberries.

For a Duck or Mallard : Take the Gravy of the Fowl and Oyster-liquor, boil in it a whole Onion, a few slices of Nutmeg, and an Anchovy ; and if they be lean, farce and lard them. Garnish with Green and Red Cabbage, or Beets.

For Green-Geese : Stamp Sorrel, Whitebread, and some slices of Pippins, or such-like hard Apples, put a little Vinegar and Sugar to them, then press out the liquid part, and serve it up in Saucers. Garnish with Parsley, Marigold-flowers and some slices of Oranges or Limons. Or, for Sauce, Take the Juice of Sorrel, scalded Gooseberries and Sugar, serv'd on Sippets, with Sugar and Butter.

For an Hair roasted : After you have par-boil'd, truss'd and larded her, beat Cinnamon Nutmeg, Pepper and Ginger, put to them boil'd Prunes, and a little White-wine ; boil them, and strain out the liquid part, and serve it up in Saucers. Or, Take Currans and muskified Bisket bread beaten to powder, boil them, with Sugar and Cloves, in Water, to the thickness of a Gruel.

For Hens or Pullets roasted : Take the Eggs you find in them, if any ; if not, the Yolks of six Eggs boil'd hard, and minced small ; put them in White-wine or Wine Vinegar, with beaten Butter and the Gravy, add the Juice of an Orange. Garnish with slices of Limon, Greens, or Flowers.

For any Land-Fowl: Strain a little of the Pulp of boil'd Prunes into the Blood of the Fowl, put to it a little Cinnamon and Ginger finely beaten, boil it with the Gravy, and a little Sugar, to an indifferent thickness, and serve it up with the Fowl.

For a Pig: Take the Sage that has been roasted in his Belly, with the Crust or Manchet, beat or shred them small together, boil them in Water, with Currans, and a little beaten Cinnamon, then add to a quart of it a Jill of Sack.

A proper Sauce for a Loin of Veal, which may indifferently serve for any other part: Take Thyme, Pennyroyal, Mint, Sage and Marjoram; boil them, and shred them, with the Yolks of two hard Eggs, a little Salt, some grated Nutmeg, and the Juice of two Oranges; boil them with a little Spice, and some Currans, then dish it up. Garnish with slices of Oranges, or Capers, Samphire, Cucumbers, &c.

For Mutton roasted: Slice Onions, and boil them in Claret, with grated Nutmeg, and the Gravy.

For Red-Deer: Boil Sweet Herbs well minc'd, with the Gravy, White-bread, and Juice of Oranges and Limons; beat these up with curious Sweet-butter.

For Stubble-Geese: Take Pippins, or other hard Apples, boil them to Pulp, strain it, and put Sugar, a little beaten Cinnamon, and a little Sack to it.

For Pork roasted: Boil Sage, and mince it small, mix it well with fine Pepper, Mustard and Sugar, made thin with some Vinegar. Garnish with slices of Oranges, Limons, Greens and Flowers.

To preserve Fowl a long time from Tainting.

Take a large Cask that has very lately had

Wine

Wine in it, knock out a Board or two at the Head, and in the others drive Hooks to hang your Fowls on so as they may not touch each other, and cover the open places with the Boards, leaving only the Bung-hole for an Air-vent ; set them in a dry, cool place, and they will keep as long again as in any other place.

And thus you may keep Flesh or Fish.

To preserve Fresh Lard. Melt it, putting to it a little good Verjuice, and boil it up till the Verjuice disappears ; then put it into Bladders, or what Vessels you will, and it will keep curious white, and free from Must or Taint.

To fatten any sort of Fowl in fifteen Days.

Take Nettle-Leaves and Seeds gather'd and dried in their proper season, beat them into Powder, and make it into Paste with Wheat-Bran or Flower, adding a little very sweet Olive Oil ; make this up into little Crams, coop them up and duly feed them with it, giving them Water wherein Barley has been boil'd, and they will be fat at or before the time propos'd.

To make abundance of Cream. Take a Skimming-dish full of the top of the Milk, add to it four spoonfuls of scraped Sugar, and a drop of good Renner, then stir them together that they may thicken a little ; then set it in a warm place, and a great deal of Cream will arise in an hour's time.

To make an excellent Syllabub. Milk the Milk of a young Cow into your Vessel, to two quarts of it put a pint of White-wine, two or three spoonfuls of Verjuice, or the Juice of green Grapes, and a spoonful of the Juice of Balm or Mint, scrape into it some Loaf-Sugar, and add a little grated Nutmeg ; you may also scent it with a little Rose or Orange-water.

To make Cream of sundry kinds of Fruit.

To do this, Take either Currans, Mulberries, Rasberries, or Strawberries, sprinkle them with a little Rose-water, press out the Juice, and draw the Milk hard out of the Cow's Udder into it; sweeten it with a little Sugar, and beat it well with Birchin Twigs till it froth up, then strew over it a little fine beaten Cinnamon, and it will be a curious Mess.

You may do this with the Juice of Plums, Gooseberries, Apricots, Figs, or any juicy Fruit.

To make an excellent White-Pot.

Blanch half a pound of Sweet-Almonds, make them into a Paste well beaten, put to it two quarts of Milk, and boil them together; then add a spoonful and an half of Rice flower; and when these are boil'd well, strain out the liquid part into two quarts of New-Milk, stirring it; and add Sugar to sweeten it as you please, and a little Saffron strain'd into a quarter of a pint of White-wine, viz. the Wine wherein it has been soak'd, and with this beat up a dozen Yolks of Eggs, and bake it.

To make excellent Black-Puddings.

Take Oatmeal a little ground, grate to every quart of it an halfpenny stale White-loaf, soak these in Milk a night, then in the Hog's Blood warm twelve hours; then mince your Fat or Lard small, mingle and stir them to a proper thickness; then mince Pennyroyal, Winter-savoury, and such other proper Sweet-Herbs as the Season will afford, and stir them together, season them with a sprinkling of Salt, and fill the Guts with them, tying them at what convenient lengths you please; and when you have boil'd them, hang them up in a dry Loft, near the Chimney, to keep them from Moistness or Mouldying.

White.

White-Puddings, the best way to make them.

Grate fine Manchet, sprinkle a little Flower on it, and beat a small quantity of Mace and Nutmeg steep these in as much Milk as they will thicken like Pap; then to every quart of this put a quarter of a pound of Currans, and two ounces of Sugar; mix them well together, and put them into fine thin Guts, well clean'd, and rinsed in warm Water; tie them up, as the former, and keep them in dry Boxes when boil'd.

To make English Sausages. Take the Lean of a Fillet of young Pork, chop and bruise it small; then to every pound put a quarter of a pound of Fat, well skin'd; season it with Pepper, Salt, and a little Nutmeg; add some small matter of Pennyroyal well shredded and beaten; mix them all well together, put the mass into Guts season'd with Water and Salt; and when fill'd and tied, hang them up in a Chimney or Smoak-Loft to dry.

A good Pomatum for Beautifying. Take the Fat of a Bacon-Hog unsalted, stick it full of Oats, roast it by a slow fire, that it may drip away; put to the Dripping some Oil of Sweet-Almonds, and two or three drops of the Chymical Oil of Cinnamon; mix them well together, and put them up for Use.

To make Grounds for Hair-Powder.

Those Grounds are proper enough to be either Rice-Grounds or Starch-Grounds, finely pulveriz'd, and sifted through Sieves of different bignesses, and growing lesser, to a vast fineness, dried in a warm place, and fitted to receive the several Scents.

To scent Powders. If you do it with Flowers, place a laying of Powder, and a laying of Flowers, whether Roses, Jessamin, Violet, Orange, or the like, till a close Box is full;

then shut it, and let them infuse, and the Powder will attract the whole scent of the Flower to it : And if it be not strong enough, you must shift the Flowers till it is.

As for Civet or Musk-Powder, infuse Cotton-wool in those Scents till it has exceeding well taken it ; then lay a laying of Wool and a laying of Powder, and shut it close in a Box, and it will scent the Powder. And by these Directions, any other Scents may be infused.

To make and perfume Wash-balls.

Take a pound of Cake Soap, moisten it with Rose or Orange-water, beat it till it is in the nature of Pap, put half an ounce of Orris to it, and as much Calamus in Powder ; so make it up into Balls, and dry them in the Air or Sun.

To perfume them : Take what quantity of Musk you please, and dissolve it in any sweet-scented Water, bruise your Wash-balls with it in a Mortar, and make them up anew, and they will scent throughout of it. And so you may do of other Scents, as Ambergrease, Orange, Jessamin, &c.

To make Sweet-Bags for Cloaths.

Take a pound and an half of Florence-Orris, Rose-wood six ounces, *Calamus Aromaticus* half a pound, Benjamin five ounces, Yellow Saunders four ounces, Cloves half an ounce, Cinnamon an ounce ; bruise these grossly together, put them into a fine thin Bag, and lay them among your Cloaths, for a curious Scent : It will also keep away Moths, Worms, &c.

To Whiten Teeth. Wash your Mouth well with Plantain-water, then rub your Teeth very well with fine Powder of Pumice-stone, and if sound, they will be very white : Or rub them with Brick-dust.

To make Hair grow. Take the tender tops of Hemp just appearing above-ground, steep them

them twenty-four hours in Water, and mix the Water with Fern-ashes, then wash the place with the Water warm'd, and it will produce Hair very speedily if the place be natural to it, and it be not lost by extreme Old Age.

To take Spots of Oil or Grease out of Sattin, Silk, Stuffs, or Woollen.

Burn the Bones of Sheeps-Trotters, reduce them to a fine Powder, lay it on fine Paper on both sides of the Spots, and place upon the upper part a Spoon in which is a lighted Coal that may heat pretty well through, and the heat will cause the Powder to suck out the Grease; then rub it over with a piece of fine White-bread, to cleanse it. If it does it not sufficiently at once, repeat it twice or thrice, and it will not fail your expectation.

To take out Pitch, Rosin, Bees-Wax or Tar.

Put a little Oil of Turpentine on the place, and dab it on often with a Feather as it dries away, and it will so consume the unctious part of them, that by gently rubbing, it will crumble away like Dirt.

To take Iron-Moulds from Linen.

Having well wash'd your Linen, put boiling Water into a Pewter-Pot, and put the Linen to it; then take it out, and anoint the place with Juice of Sorrel, and let it dry; then wash it out in a good Lather with Castile or Cake-Soap.

To take out Spots of Ink, or Stains of Fruit.

Put the Juice of Limon and Onion on the Spot or Stain, and let it dry; then wash it out with a good Lather or Cake-Soap: Or you may first steep the Linen in Chamberley, or wash the Stain with Soap dissolv'd in Vinegar.

To take Spots of Oil or Grease out of White or Red Silk, without altering the Colour.

Wet the Spot with Spirit of Wine, then daub it over with the White of a New-laid Egg, and dry it in the Sun; then wash it with clean Water, and press it well.

To make Brass Utensils look of a Golden Colour.

Take a pint of strong Ley, mix with it an ounce of burnt Roch-Allom, boil them well together, then rub the Utensil with it, and when it is dry, rub it over with Tripoli; and it will not only take away all Spots and Stains, but make it look like Gold.

To cleanse Silver, and give it a curious Lustre.

Boil it well in Ley, then take it out, and smear it over with Whiting, and let it dry; then with a warm, dry Woollen Cloth, rub it over with Powder of Burnt-Allom.

To set a Gloss on faded Paintings.

Take of Tartar and Gloss-wort each an ounce, boil them in a pint of Water till half be consum'd; then strain it, and having with a Sponge and warm Water cleansed the Painting from Dust, do it over with the strain'd Liquor, and it will set a curious fresh gloss upon it, and make it look as if new.

To refresh faded Hangings.

Scower them well with a strain'd Water wherein Cake-Soap and Fulling-Earth have been soak'd, rinse them afterwards in fair Water wherein Allom has been dissolv'd; then, if it be Tapestry, run them over with the Juice of Quinces and Limons: And where the Colours of Tapestry are faded by Age, you may revive them by artificially painting them.

